

The 12 Days of Wellness 2011

The Program:

- * Visit <http://www.pnc.edu/HR/Wellness/wellness.htm> for complete details .
- * The 12 Days of Wellness starts on December 1st and ends on December 16th. You may start anytime during the 12 days as prior days will be on the website for your viewing.
- * During each day of the program, an activity for the day will be added to the PNC wellness website for you to complete. New activities and wellness tips will be posted by 10 am. Record the activity on the calendar below as described on each day.
- * Send your completed calendar to Kendra Gardin in SWRZ 25 via campus mail or bring it to Human Resources by 12:00 pm on Friday, December 16th.
- * Benefit-eligible employees who complete at least 10 of the 12 activities will be eligible for a prize.

Name:

Phone Extension:

Department:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15	16