Lunchtime Makeover Challenge!

*Lunchtime can be more than clicking through Facebook while eating lukewarm leftovers!*

Mondays
**SEPT. 18 — OCT. 23**

Email challenge!

Build community with colleagues around a healthy lunch break. In a weekly email, you will receive tips, recipes and more to help change the way you lunch.

Questions?
wellbeing@ucdavis.edu
(530) 752-6051

Join the Challenge!
surveymonkey.com/r/lunchmakeover

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