Holiday Challenge

Learn how to maintain and balance healthy behaviors this holiday season. This 8 week program encourages staff to be mindful of eating habits and managing stress with weekly supportive tools and tips.

Join Jenifer Swartzentruber, M.S., bilingual Registered Dietician & C.D.E., for the following workshops:

November 15th
December 13th
January 10th

Santa Rosa Formal Lounge 12:05 - 12:50 P.M.

Sign up by November 12th
All participants will receive goodies!
Grand prize is a Fitbit!

Can't make it? Just email Leslie at lesliecramirez@ucsb.edu or call x2870 for weekly tips that will help keep you on track!

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