

Live Well Be Well

Wellness Grant Testimonial



“ 100% apply. This was a great, positive experience”

This looked like a great opportunity for teambuilding outside of the department.

The activity focused on teamwork while being challenging and fun. We all had a great sense of accomplishment when we finished.

We definitely have a greater connection, the activity was very challenging and took a team effort. We joke about how much "CrossFit Fun" it was.

Steve Diaz
Sr. Manager
Roseville Radiology