

Facility Connection Activity



Quarter 1 Activity: Move More Scavenger Hunt

- Join Live Well Be Well when we are at your Facility for a campus scavenger hunt. It only takes 15 minutes to finish!
- Employees who finish the scavenger hunt will receive a wellness incentive while supplies last.
- Our team will share wellness and fitness resources to help you thrive in the workplace.

> Time: 12-1:30pm

| DATE | FACILITY | CONFERENCE ROOM |
|----------------------|--------------------|-------------------------|
| Wednesday, 1/15/2025 | Fair Oaks MOB | 2fl Conf Rm A (10) |
| Wednesday, 1/22/2025 | Riverside MOB | MOB 2fl Cirby |
| Wednesday, 1/29/2025 | DOCOCO MOB | 1st floor CR 160 |
| Wednesday, 2/12/2025 | Folsom MOB | Lobby next to Lab |
| Wednesday, 2/19/2025 | Rancho Cordova MOB | 1fl Conf Rm 1D 102 |
| Wednesday, 2/26/2025 | Lincoln MOB | Lobby at North entrance |
| Wednesday, 3/12/2025 | Point West MOB | CR 4/5 |
| Wednesday, 3/19/2025 | Davis MOB | CR A/B |
| Wednesday, 3/26/2025 | Sierra Gardens | 1fl Conf Rm 1095 |

Managers: Live Well Be Well is available to join a few department huddles on your facility event day. If you're interested let us know by filling out the survey.

<https://forms.office.com/r/XQAYi02b4w>