

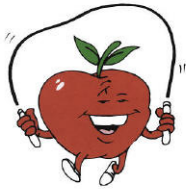


**LIMITED FUNDING AVAILABLE  
FOR YOUR OWN  
GROUP WELLNESS EVENT!**

**IF YOU HAVE 10 OR MORE UA EMPLOYEES\*  
WHO WANT TO HOLD A FITNESS OR WELLNESS EVENT,  
YOU MAY BE ABLE TO GET FUNDING FOR PLANNING  
OR PRIZES. USE ONE OF THESE SUGGESTIONS  
OR CREATE YOUR OWN WAY TO HAVE FUN STAYING FIT.**

**INFORMATION AND SUPPORT REQUEST FORM AVAILABLE AT:**

**[HTTP://WWW.ALASKA.EDU/FILES/BENEFITS/HEALTHWELLNESS-EVENTS-FUNDINGREQUESTFORM.PDF](http://www.alaska.edu/files/benefits/HealthWellness-Events-FundingRequestForm.pdf)**



**HOLD A HEALTHY IRON CHEF COMPETITION!**



**INVITE A SERVICE PROVIDER  
TO MAKE A PRESENTATION!**



**PUT TOGETHER A FITNESS CLASS TO  
LEARN WHAT YOU WANT, WHEN YOU WANT!**

**START A "BIGGEST LOSER"  
WEIGHT LOSS COMPETITION!**



**HOLD A BUILDING OR DEPARTMENT  
SNACK WAR  
FOR THE TASTIEST, HEALTHIEST RECIPE!**



**SPONSORED BY THE UNIVERSITY OF ALASKA  
JOINT HEALTH CARE COMMITTEE**

**\*PARTICIPATING EMPLOYEES MUST BE ENROLLED IN THE UA CHOICE HEALTH PLAN.**