

MEET+ MOVE OCT 16-31, 2019 CHALLENGE

WHAT?

A meeting that is done while walking or engaging in any other convenient physical activity. It can be either indoors or outdoors.

WHY?

Positive impact on creativity and problem-solving skills
Strengthen social bonds
'Unplug' and be present for the meeting
Beneficial to your physical and mental wellbeing

HOW?

1. Get your Meet + Move Tip Sheet and Pledge Form [here](#)
2. Schedule your Meet + Move and get moving!
3. Submit your Meet + Move [ballot](#) OR post your picture with **#UWMoves** to win prizes!

Visit www.uwaterloo.ca/library/staff/meet-move for more details.



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A partnership between the Library and the Wellness Collaborative.