MEET+MOVE CHALLENGE OCT 16-31, 2019

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.