

Target Audience	M3s/co2023
Post Title	Clerkship Wellness Cup Has Begun!
Event Date/Time	Throughout all of clerkship
Summary	Spark some friendly competition between flight groups and hopefully remind us all to make time for self-care during this busy but exciting time!
Additional Information	<p>Rules of the game: you guys can earn “wellness points” by taking pics of yourselves completing wellness challenges and submitting those pictures.</p> <p>There will be bonus challenges that will change each month, so be on the lookout for that.</p> <p>We will be tallying up the points and the totals will be reported in the WeeklyWire and Class Facebook Group, so you can see where you and your group stand.</p> <p>You can submit your wellness activities and/or review the rules on the online submission form.</p> <p>The winning team will earn a sponsored dinner at a local restaurant with their flight group.</p> <p>Have fun and get your Wellness on!</p>
Submitted by	Liana Mathias, Wellness Rep co2023
Sponsored by	The Larner College of Medicine Medical Student Wellness Committee
<p>Form: Student Services - WeeklyWire Post Submission form A new response was submitted on 31 March 2021, 09:31 AM.</p>	