

MEMORANDUM

August 22, 2017

Dear members of the university community,

It's time to lace up your sneakers and begin your wellness journey! FIU is kicking off the Panther Active Wellness Services (PAWS) Wellness Journey challenge!



To view President Rosenberg's video message, please click [here](#)!

Over the course of eight weeks, FIU faculty and staff will track the amount of time they exercise and compete against other teams and individuals at FIU and to better their well-being!

Registration for an optional physical screen will be available through **Monday, August 28**. Each screening takes about 10 minutes. To register, please click [here](#).

Registration for the Wellness Journey begins **Monday, September 4**. The program will run **Monday, September 11** through **Sunday, November 5**. Mark your calendars now for our PAWS Kickoff Walk on Monday, September 11 from 2:30 - 3 p.m. with me at MMC in front of the PC stairs and at BBC with Vice Provost Steven Moll in front of the HL stairs!

I encourage you to participate, build community, and enhance your own health and well-being in the process! The healthier our FIU family is the better equipped we are to fulfill our strategic plan goals!

Let's go!
Sincerely,

A handwritten signature in black ink, appearing to read "Mark B. Rosenberg".

Mark B. Rosenberg
President