

The Five Days of Christmas Re-Gifting

(Part of the “Get Up and Go” Healthy Workplace Initiatives)

- Do you have recently received gifts or items in your home you might want to recycle as a RE-GIFT?
- Do you want/need to burn off some pre-holiday calories?
- Do you enjoy meeting new people; going to new places?
- Do you enjoy giving back to your community?



If you answered **YES** to any of the above, plan to join colleagues across our uWaterloo campus in the **Five Days of Christmas Re-Gifting**. This event is the second in a series of “Get Up and Go” opportunities being offered by your new Healthy Workplace Committee.

This activity begins **Thursday, December 4th** and ends **Wednesday, December 10th, 2014**. Your passport and travel details and locations will be posted daily on the Daily Bulletin.

To participate is easy:

1. Register at uwworkwl@uwaterloo.ca . You can do this alone, with a friend, or create a team. Be creative and give yourself a festive name.
2. Find your “Re-Gift”, wrap it up and bring it with you as you visit all the interesting locations. Get your travel stamps on your “Re-Gift” as you go. Don’t forget to bring your passport, too.
3. Since it is the holiday season and giving is key, if you are able, please bring a new toy for a child when you come to the FINAL destination. The toy will be placed under the Angel Tree and donated to children in need.
4. Bring your unwrapped toy for the Angel Tree Donation, your stamped “Re-Gift”, as well as your passport, to the final destination where hot chocolate and cookies, a Re-Gift Exchange and lots of fun will be enjoyed by all.
5. The final travel destination: The University Club at **4 PM, Wednesday, December 10th, 2014**). Mark your calendars now!



We will be waiting to greet you!
Your Healthy Workplace-Elves

