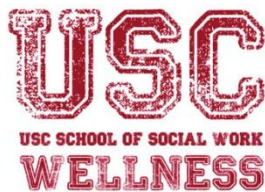


March is Social Work Month...Celebrating in Style!



Please join the Wellness Committee on a Virtual RoadTrip to Wellness



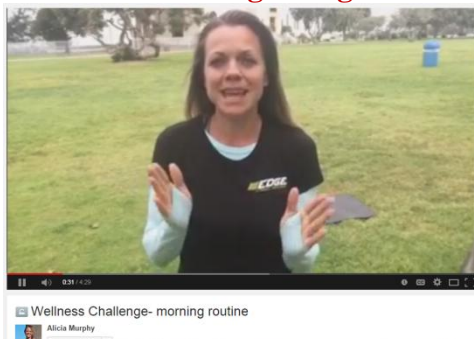
The Bus Needs YOU to Move Us ALL Down the Road!

Starting March 1st, Logging Your Wellness Activities in the Qualtrics Survey is what moves the bus down the road!
https://uscsocialwork.qualtrics.com/jfe/form/SV_3fSDajL5pUgEy9f

Each day log your activities —everything counts--Mind, Body and Spirit!

- Participate in Wellness activities to virtually time travel on the Wellness Bus to exciting points in Social Work history
- Each week learn exciting facts about Social Work
- **THINK PRIZES!!** Yes, a RoadTrip with prizes!
- Each and every one of your logged activities earns a raffle entry! We'll have weekly drawings throughout the trip as well as 5 super duper grand prize drawings!

Edge Fitness is Coming Along for the Ride!



You'll have the opportunity to sign up for motivational emails and weekly challenges...

All to Keep the Bus Movin' to Wellness....because...

That's How We Roll!

Learn more at: sowkweb.usc.edu/wellness