

{HEALTHIER YOU²⁰¹²}

HEALTHIER YOU 2012 EVENT SCHEDULE

January 21 – Healthier You Registration Kick Off at the Civic Center

January 24 – Late Registration and Biometric Screening at the PWSCC Wellness Center from 8am-6pm

January 25 - Late Registration and Biometric Screenings at the PWSCC Wellness Center from 8am-1pm

January 26 - Late Registration and Biometric Screenings at the PWSCC Wellness Center from 10am-8pm

January 24, 25 or 26 – Recommended Week 1 check in at the PWSCC Wellness Center for team and individual progress assessment

January 31— Individual and Team progress posted on the Wellness Center Leader Board

February 7, 8, or 9 – Recommended Week 3 check in at the PWSCC Wellness Center for team and individual progress assessment

February 14 – Wellness Center Leader Board updated

February 21, 22 or 23 – Recommended Week 5 check in at the PWSCC Wellness Center for team and individual progress assessment

February 28 – Wellness Center Leader Board updated

March 6, 7 or 8 – Recommended Week 7 check in at the Wellness Center for team and individual progress assessment

March 13 – Wellness Center Leader Board updated

March 14 – Last day participants can register for Healthier You

March 20, 21 or 22 – Recommended check in at the PWSCC Wellness Center for team and individual progress assessment

March 27 – Wellness Center Leader Board updated and sign ups start for Biometric Screening

April 3, 4 or 5 – Recommended check in at the PWSCC Wellness Center for team and individual progress assessment

April 10, 11 and 12 – Biometric Screening at the PWSCC Wellness Center

April 14 – Pre Final 5K and Healthier You 2012 Finale at the Teen Center.

April 21 – Healthier You 2012 Winners posted on SWAN website