

Join the Creighton Wellness

TAKE THE STAIRS

Shipwreck Adventure



What: A 6-week challenge to encourage you to **TAKE THE STAIRS** to improve your health and feel great at work! All Creighton employees “virtually step” your way around the ocean while exploring six shipwrecks up to 15,000 feet below the surface!

Dates: October 9 – November 19

Sign Up Here: <https://www.surveymonkey.com/r/WNHFDW6>

- ✓ Weekly “get steppin” emails with interesting info about each shipwreck
- ✓ 3 levels of difficulty to choose from
- ✓ Paper or electronic tracker
- ✓ Chance for PRIZES!
- ✓ Opportunities to join with other Creighton colleagues to “step” together with others

