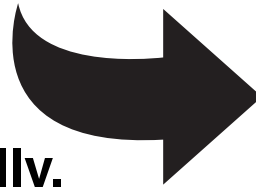


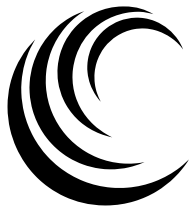


From **HOLIDAY COUCH** to **5K** Triumph: Lace up, and **LET'S RUN** the Extra Mile!

Join us on **January 4, 2024** at
11:00am for a virtual kick off.
Scan the QR code or use the
link to attend the meeting virtually.



<https://www.signupgenius.com/go/9040948A9AD2CA-2FA7-46050421-from#/>



**CENTRAL
CAROLINA**
COMMUNITY COLLEGE
HUMAN RESOURCES

TOP THREE WINNERS WITH THE MOST STEPS EARNS A PRIZE

The couch to 5k step challenge runs from
January 4th to February 4th.

The goal is 10,000 steps (or more!) per day for
five days a week, resulting in 50,000 steps per week!

For more information contact Jennifer Melton, Human Resources Coordinator
by phone 919-718-7252 or email jmelton@cccc.edu