

*Wellness@Work and
Parks & Recreation
are pleased to
announce:*

GLOW-IN-THE-DARK WALL CLIMBING!

Open to ALL employees!

When: Friday, December 8 from 10am to 12n

Where: Community Center Gym Rock Wall

Join Keith Dodson from Parks & Recreation for a glowing good time at the Rock Wall!

- With the black lights on, the rocks will glow in the dark!
- No prior experience is needed!

Clothing:

- Comfortable clothes
- Closed toed shoes
- Some type of pants (skirts and dresses are fine ONLY IF YOU HAVE PANTS UNDERNEATH)
- We will provide harnesses and climbing shoes/helmets if you want them.

This program is limited to 12 participants, so sign up NOW!

How do I sign up?

RSVP by Friday, December 1

Contact Liska at

llackey@email.unc.edu

or 919-968-2796



chapelhillwellnessatwork.org