



CCW HEALTHY U CHALLENGE



**Physical, Mental, Spiritual/Self-reflection,
Financial, & Joy/Connection**

Join the Healthy U Challenge, a 4-week personal wellness journey, designed to help you build healthier habits. This self-guided program encourages you to reflect, act, and grow, all through the HireU platform/ Suitable app for accountability.

- 1. Download HireU / Suitable app**
- 2. Create an account**
- 3. Find the achievement - CCW Healthy U Challenge**
- 4. Start attending events, completing tasks, gaining points, winning prizes, and working towards a healthier u!**



**Download HireU / Suitable
for iPhone**



**Download HireU / Suitable
for Android**



The Universities
AT SHADY GROVE

Center for Counseling
& Well-being

Hire U

