

## Wellness Challenges in March 2025

Region/ Virtual	Venue	Date (Mar)	Time	Activity
East	80 Bendemeer Road - Lift Lobby	25 (Tues)	1100-1500	Beyond The Scales
North	Techplace I - Block 4013, Lift Lobby A	26 (Wed)	1100-1500	Beyond The Scales
North	Techplace II - Block 5008, Level 2 Main Lobby (Passenger Lift)	27 (Thurs)	1100-1500	Beyond The Scales

Wellness Challenge	Description
Beyond The Scales	<p>Participants complete the following 4 stations, with an individual health facilitation session at the end.</p> <ul style="list-style-type: none"> <li>• Height Station</li> <li>• Weight/In-body Station</li> <li>• Blood Pressure Station</li> <li>• Health Facilitator Station – based on results from their previous stations.</li> </ul>