

ACTIVE, TOGETHER

TAKE UP THE WORKPLACE CHALLENGE!

Workplace Challenge is a simple and effective 12-week corporate physical activity program that ends with a rallying event, held in person or remotely.

4 CHALLENGES :

- Walk or run (5k or 10k)
- Zumba
- Yoga
- Cardio-F.I.T

More details at

DEFIENREPRISES.COM/EN/



**WORKPLACE
CHALLENGE**

PRESENTED BY

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WITH

rouge^{FM}

AN ACCESSIBLE CHALLENGE

REGISTER BEFORE APRIL 12!

Encourage your colleagues to register and take up the Workplace Challenge with you. Register before April 12 to get the best rate.

CHALLENGE DATES:

MAY 14: Montreal

JUNE 4: Trois-Rivieres and Gatineau / Ottawa

JUNE 11: Quebec City

JUNE 18: Saguenay and Virtual

Registration and information

[DEFIENTREPRISES.COM/EN/](https://defientreprises.com/en/)



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