



Human Resources  
Division of Administration  
& Finance

This October join HR **POWER UP Employee Wellness** for ***UH Day at the Corp. 5k*** on **Thurs., Oct. 19**, from **4:00 – 7:30 PM**, in beautiful **Memorial Park**! Run or WALK the course, and then join POWER UP inside the Hospitality Village for a special post-event celebration! In the UH Tent, enjoy food, fun and fellowship as well as a chance to win some really cool prizes.

The **Hess Houston Corporate 5k Run/WALK** is not only a great physical and mental health activity, but also a fun social wellness event. To encourage even greater participation this year, HR POWER UP Employee Wellness will offer no-cost entry to the first 30 employees who **REGISTER** for UH Day at the Corp 5k on **Thurs., Oct. 19 AND RSVP for the post-event celebration** that follows.

After the first 30 free slots are taken, HR POWER UP will cover half of the entry fee for other participating employees (making the fee only \$22.50 + tax/processing fee). All Team UH members are welcome to enjoy the UH Oct. 19th post-event celebration immediately following the run/walk.

When you visit the Team UH page to register, no special codes are needed. However, to receive the free and/or discounted rate, you **must use your UH email** when registering. Register by the deadline of Oct. 6th, and you'll receive a running tech shirt, race bib, and tote bag!

Ask some UH friends to sign up with you! Wear your cougar red and join us! Click the links now to **REGISTER AND RSVP for UH Day at the Corp 5k and the post-event celebration!**

Remember, you can invite family and other friends to participate as well by having them register for Team UH at the regular rate as *non-employees*.

For more information about the run/walk benefiting the Memorial Park Conservancy, visit [houstoncorporate5k.com](http://houstoncorporate5k.com).

Thank you,

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