Want to take on a challenge, feel your own **POWER**, and support Huntsman Cancer Institute?

Check out our new Personal Optimism with Exercise Recovery (POWER) Flat Hiker challenge from the HCI Wellness and Integrative Health Center.

**Here's how it works:**

- Print, cut out, and color Flat POWER Pat.
- On the first and third Mondays of the month, check the Wellness Center’s Facebook page and our Instagram (@huntsmancancerinstitute) to learn about new locations and hike themes.
- Lace up your shoes, grab your Flat POWER Pat, and start moving! Be sure to follow physical distancing guidelines. Capture photos and videos of your POWER activity and tag us.

For each **#FLATPOWERPAT** tag, one dollar will be donated to Huntsman Cancer Institute.

HAPPY TRAILS!