

December 2017

HOLIDAY STRESS



S	M	T	W	Th	F	S
				Monthly Check-in 11 a.m.-1 p.m. UAB Avondale Atrium	1 Monthly Check-in 11 a.m.-1 p.m. UAB Avondale Atrium	2
3	4	5 Vision Screenings 9-11 a.m. UAB Avondale Atrium <hr/> Cooking Demo 11:45 a.m.-12:15 p.m. UAB Avondale Atrium	6 Vision Screenings 9-11 a.m. UAB Avondale Atrium <hr/> Snack Chat Voting 11 a.m.-12 p.m. UAB Avondale Atrium	7	8	9
10	11	12 Walk with Wellness 10:30 & 11 a.m. Meet in the UAB Avondale Atrium	13	14	15	16
17	18	19 Dance Jam with Riley 10:30-11 a.m. UAB Avondale Cafeteria	20	21	22	23
24	25	26	27	28	29	30

**THE
DECEMBER
SCOOP**
(stamp earning opportunities)

Monthly Check-in: Drop by for your monthly weigh in and blood pressure screen to receive two stamps.

Cooking Demo: Want to learn how to make three easy dinners in under 20 minutes? Come down and take a look at this month's cooking demonstration featuring stress-free meals.

Snack "Chat" Voting Event: The snack area is getting a facelift and we need your help. Take a sneak peek at some new items and vote on what you want to see featured in the upstairs Mini-Mart. Your voice matters!

Walk with Wellness: Bring your walking shoes (and jackets!) and join the Wellness 720 team for a 1/2-mile walk outdoors (15 minutes).

Dance Jam: Join our very own team member, Riley Thornton, for another cardio-filled dance class to upbeat and fun music.