

January 2018

# HEALTHY MOVES

**720**  
WELLNESS  
avondale

S	M	T	W	Th	F	S
	1	2	3	4 Monthly Check-in 11 a.m.-1 p.m. UAB Avondale Atrium	5 Monthly Check-in 11 a.m.-1 p.m. UAB Avondale Atrium	6
7	8	9 Cooking Demo 11:45 a.m.-12:15 p.m. UAB Avondale Atrium	10	11 Walk with Wellness w/ Pack Health 10:30, 11 & 11:30 a.m. Meet in the UAB Avondale Atrium	12	13
14	15	16 Exercise Class 10:30-11 a.m. UAB Avondale Cafeteria	17	18 Ask the Expert w/ Pack Health 11 a.m.-12:30 p.m. UAB Avondale Atrium	19	20
21	22	23	24	25 Ask the Expert w/ EACC's Julie Knight 11 a.m.-12:30 p.m. UAB Avondale Atrium	26	27
28	29	30 Walk with Wellness 10:30, 11 & 11:30 a.m. Meet in the UAB Avondale Atrium	31			

**THE  
JANUARY  
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 change up your lunch routine? Join Employee Wellness as we talk about a "New Year, New Lunch". We'll be showcasing different healthy lunch ideas and how to pack an easy, quick and tasty lunch.

**Exercise Class:** Get your sweat on and listen to some fun music with a new exercise class coming this month. Bring a friend and earn an extra stamp!

**Ask the Expert:** On Jan. 18, learn about Pack Health and the services they provide at our first Wheel of Wellness event. Spin the Wheel a second time on Jan. 25 with the UAB Employee Assistance & Counseling Center's Julie Knight, as she talks about tips for financial wellbeing.

**Walk with Wellness:** Bring your walking shoes (and jackets!) and join Employee Wellness AND your Pack Health advisors, Walker and Evan, for a 1/2-mile walk outdoors (15 minutes).