

November 2017

DIABETES

720
WELLNESS
avondale

S	M	T	W	Th	F	S
			1	2	3	4
				Vision Screenings 9-11 a.m. UAB Avondale Atrium <hr/> Monthly Check-in 11 a.m.-1 p.m. UAB Avondale Atrium	Monthly Check-in 11 a.m.-1 p.m. UAB Avondale Atrium	
5	6	7	8	9	10	11
		Cooking Demo 11:45 a.m.-12:30 p.m. UAB Avondale Atrium	Farm Stand 10 a.m.-2 p.m. UAB Avondale Atrium <hr/> Healthy Eyes 11:45 a.m.-12:30 p.m. Avondale Conference Room 2a & 2b	Walk with Wellness 7 & 7:30 a.m.; 5 & 5:30 p.m. Meet in the UAB Avondale Atrium		
12	13	14	15	16	17	18
		Zumba 10:30-11 a.m. UAB Avondale Cafeteria		Ask the Expert 11 a.m.-12:30 p.m. UAB Avondale Atrium <hr/> Meet & Greet 10:30-11:15 a.m. UAB Avondale Atrium		
19	20	21	22	23	24	25
26	27	28	29	30		
		True 40 Fitness Class 1:30-2 p.m. UAB Avondale Cafeteria	Farm Stand 11 a.m.-1 p.m. UAB Avondale Atrium <hr/> Lunch & Learn 11:45 a.m.-12:30 p.m. Avondale Conference Room 2a & 2b			

THE NOVEMBER SCOOP

(stamp earning opportunities)

Monthly Check-in: Drop by for your monthly weigh in and blood pressure screen. Vision screenings also offered on Nov. 2, providing a chance to start the month off with 3 stamps.

Cooking Demo: This month's theme is "Holiday Makeover"—try these simple swaps for your upcoming holiday dishes.

Ask the Expert: Spin the "Wheel of Wellness" to earn a stamp and learn more about vaccines and smoking cessation.

Meet & Greet: Meet and snap a photo with the Crimson Tide's own Bobby Humphrey, along with some special guests.

Healthy Eyes: Join Dr. Sims from UAB Optometry to learn more about how to keep your eyes their healthiest.

Lunch & Learn: Join Katie Cagle and Abigail Harris of Pack Health for "Holiday Health & Winter Wellness."

Walk with Wellness: Bring your walking (and dancing!) shoes and join the Wellness 720 team for a 20-minute moving moment.

Zumba: UAB Campus Rec is back for another fantastic Zumba class.

True 40: Join Employee Wellness for an exercise class that's fun and good for all levels. Bring your yoga mat for this one!