

October 2017

UAB & U



S	M	T	W	Th	F	S
1	2	3	4	5 Monthly Check-in 11 a.m.-1 p.m. UAB Avondale Atrium	6 Monthly Check-in 11 a.m.-1 p.m. UAB Avondale Atrium	7
8	9	10	11 Farm Stand 11 a.m.-1 p.m. UAB Avondale Atrium Healthy Teeth 11:45 a.m.-12:30 p.m. Avondale Conference Room 2a & 2b	12 Walk with Wellness 10:30, 11, 11:30 a.m. Meet in the UAB Avondale Atrium	13	14
15	16	17 Dance Jam with Riley 10:30-11 a.m. UAB Avondale Cafeteria	18 Vision Screenings 11 a.m.-1 p.m. UAB Avondale Atrium	19 Vision Screenings 11 a.m.-1 p.m. UAB Avondale Atrium Ask the Expert 11 a.m.-12:30 p.m. UAB Avondale Atrium	20	21
22	23	24 Cooking Demo 11:45 a.m.-12:30 p.m. UAB Avondale Atrium	25 Farm Stand 11 a.m.-1 p.m. UAB Avondale Atrium UAB Campus Police 11:45 a.m.-12:30 p.m. Avondale Conference Room 2a & 2b	26 Walk with Wellness 10:30, 11, 11:30 a.m. Meet in the UAB Avondale Atrium Meet & Greet 11:30 a.m.-12:30 p.m. UAB Avondale Atrium	27	28
29	30	31 True 40 Fitness Class 1:30-2 p.m. UAB Avondale Cafeteria				

THE OCTOBER SCOOP

(stamp earning
opportunities)

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

Cooking Demo: Learn how to make healthy alternatives to your favorite spooky inspired treats.

Ask the Expert: Spin the "Wheel of Wellness" and hear from Tonya Webb about the amazing things UAB Police do for our employees.

Healthy Teeth: Join Dr. Nicolaas Geurs from UAB School of Dentistry for helpful tips for healthy teeth and gums.

UAB Campus Police: Learn tips and tools from UAB Police for staying alert and walking with confidence to protect your safety.

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

Dance Jam: Join Employee Wellness's own Riley Thornton for this Zumba-style exercise class – fun for all fitness levels.

Meet & Greet: Meet and snap a photo with UAB Basketball Head Coach Robert Ehsan for a chance to win game tickets and a behind the scenes VIP basketball practice experience.