

# September 2017

## WELLNESS 101



S	M	T	W	Th	F	S
					1	2
					Wellness 720 Kick-Off 11 a.m.-1 p.m. UAB Avondale Atrium	
3	4	5	6	7	8	9
			Farm Stand 11 a.m.-1 p.m. UAB Avondale Atrium ..... Blood Pressure Check 11 a.m.-1 p.m. UAB Avondale Atrium	Blood Pressure Check 11 a.m.-1 p.m. UAB Avondale Atrium		
10	11	12	13	14	15	16
		Zumba Class 11-11:30 a.m. UAB Avondale Cafeteria		Ask the Expert 11 a.m.-12:30 p.m. UAB Avondale Atrium		
17	18	19	20	21	22	23
		Cooking Demo 11:45 a.m.-12:15 p.m. UAB Avondale Atrium	Farm Stand 11 a.m.-1 p.m. UAB Avondale Atrium ..... Financial Health 101 11:45 a.m.-12:30 p.m. UAB Avondale Cafeteria	Walk with Wellness 10:30, 11, 11:30 a.m. UAB Avondale Atrium		
24	25	26	27	28	29	30
		True 40 Fitness Class 1:30-2 p.m. UAB Avondale Cafeteria		Walk with Wellness 10:30, 11, 11:30 a.m. UAB Avondale Atrium		

### THE SEPTEMBER SCOOP

(stamp earning opportunities)

- Kick Off Event:** Employee Wellness, Pack Health, My Health Rewards and UAB Medicine Store
- Cooking Demo:** Registered dietitian Riley Thornton creates three quick and easy healthy breakfast recipes.
- Blood Pressure Check:** Have your blood pressure checked and watch it improve throughout the six-month program.
- Ask the Expert:** Bust common nutrition myths by spinning the "Wheel of Wellness" with registered dietitian Riley Thornton.
- Financial Health 101:** Tips and techniques for growing and managing your hard earned dollar.
- Walk with Wellness:** Join the Wellness 720 team for a 20 minute moving moment (meet in the atrium).

**HAVEN'T REGISTERED? IT'S NOT TOO LATE. VISIT [UAB.EDU/WELLNESS720](http://UAB.EDU/WELLNESS720) TO SIGN UP.**