

NOVEMBER 2019

MON

TUE

WED

THU

FRI

				1
				Walk with Wellness Admin Bldg Lobby 10:30-10:45 a.m.  Farm Stand @TKC
4	5	6	7	8
 Farm Stand @TKC	 Farm Stand @TKC			 Farm Stand @TKC
11	12	13	14	15
 Farm Stand @TKC	Lunch & Learn WP Board Room 11:30 a.m.-12:30 p.m.  Farm Stand @TKC			 Innovations in Wellness Hilton Birmingham at UAB  Farm Stand @TKC
18	19	20	21	22
 Farm Stand @TKC	 Farm Stand @TKC			 Farm Stand @TKC
25	26	27	28	29
 Farm Stand @TKC	 Farm Stand @TKC			

 Visit uab.edu/myhealthrewards for more information on events eligible for My Health Rewards points.

 Visit uab.edu/wellscreens to schedule your free 15-minute health screening and check eligibility — **1,500 MHR points**

 Visit the Farm Stand 10 a.m.-2 p.m. at The Kirklin Clinic of UAB Hospital. uab.edu/farmstand

 Visit uab.edu/uabiwc to register for the eighth annual Innovations in Wellness Conference.