

OCTOBER 2019

MON

TUE

WED

THU

FRI

	1  Farm Stand @TKC  Wellscreens @Highlands  Bootcamp @Railroad Park	2  Wellscreens @Highlands  Zumba @Railroad Park	3  Yoga @Railroad Park	4 <div style="background-color: #92d050; padding: 2px;">Walk with Wellness</div> Admin Bldg Lobby 10:30-10:45 a.m.  Farm Stand @TKC
7  Farm Stand @TKC  Hip Hop Cardio @Railroad Park	8  Farm Stand @TKC  Wellscreens @North Pavilion  Bootcamp @Railroad Park	9  Wellscreens @North Pavilion  Zumba @Railroad Park	10 Mental Health Resource Fair NP Atrium 10 a.m.-2 p.m.  Wellscreens @North Pavilion  Yoga @Railroad Park	11  Farm Stand @TKC
14  Farm Stand @TKC  Hip Hop Cardio @Railroad Park	15  Farm Stand @TKC  Bootcamp @Railroad Park	16  Zumba @Railroad Park	17  Yoga @Railroad Park	18  Farm Stand @TKC
21 <div style="background-color: #92d050; padding: 2px;">Vision Screenings</div> Avondale 9-11 a.m.  Farm Stand @TKC  Hip Hop Cardio @Railroad Park	22 <div style="background-color: #92d050; padding: 2px;">Vision Screenings</div> WP Conf Room A 9-11 a.m.  Farm Stand @TKC  Bootcamp @Railroad Park	23  Zumba @Railroad Park	24  Yoga @Railroad Park	25 HSF Benefits Fair Avondale  Farm Stand @TKC
28  Farm Stand @TKC  Hip Hop Cardio @Railroad Park	29 <div style="background-color: #92d050; padding: 2px;">Vision Screenings</div> WP Conf Room A 9-11 a.m.  Farm Stand @TKC  Bootcamp @Railroad Park	30 <div style="background-color: #92d050; padding: 2px;">Vision Screenings</div> Admin Bldg Penthouse 9-11 a.m.  Zumba @Railroad Park	31 Benefits Fair WP Atrium <div style="background-color: #92d050; padding: 2px;">Lunch & Learn</div> WP Conf Room E 11:30 a.m.-12:30 p.m.  Yoga @Railroad Park	

 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

 BCBS of Alabama offers free exercise classes at 6 p.m. in Railroad Park (arrive 15 minutes early to register).