

SEPTEMBER 2019

MON

TUE

WED

THU

FRI

2

 Farm Stand @TKC


 Hip Hop Cardio
@Railroad Park

3

 Farm Stand @TKC

 Bootcamp
@Railroad Park

4

 Zumba
@Railroad Park

5

 Yoga
@Railroad Park

6

 Farm Stand @TKC

9

 Farm Stand @TKC


 Hip Hop Cardio
@Railroad Park

10

 Farm Stand @TKC

 Bootcamp
@Railroad Park

11

 Wellscreens
@Medical Towers

 Zumba
@Railroad Park

12

 Wellscreens
@Admin Bldg

 Yoga
@Railroad Park

13

 Wellscreens
@Admin Bldg

 Farm Stand @TKC

16

 Farm Stand @TKC

 Hip Hop Cardio
@Railroad Park

17

 Farm Stand @TKC

 Wellscreens
@Collat

 Bootcamp
@Railroad Park

18

Lunch & Learn
WP Conf Room E
12:30-1:30 p.m.

 Wellscreens
@Collat

 Zumba
@Railroad Park

19

 Wellscreens
@Collat

 Yoga
@Railroad Park

20

 Farm Stand @TKC

23

 Farm Stand @TKC

 Hip Hop Cardio
@Railroad Park

24

 Farm Stand @TKC

 Wellscreens
@Collat

 Bootcamp
@Railroad Park

25

 Wellscreens
@Collat

 Zumba
@Railroad Park

26

 Wellscreens
@Collat

 Yoga
@Railroad Park

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 Farm Stand @TKC

30


 Farm Stand @TKC

 Hip Hop Cardio
@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).

UAB.EDU/FALLINTOHEALTH