

February 2018

HEART HEALTH



PRIZES:
30-44 STAMPS = \$20 FITBIT VOUCHER
45+ STAMPS = \$45 FITBIT VOUCHER

S	M	T	W	Th	F	S
			31	1 ♥	2 ♥	3
			Mini Mart Healthy Snack Launch: All day in the Avondale Mini Mart			
4	5	6	7	8	9	10
		Cooking Demo 11:45 a.m. UAB Avondale Atrium		Walk with Wellness 10:30 & 11 a.m. Meet in the UAB Avondale Atrium		
11	12	13	14	15	16	17
				Ask the Expert w/ Employee Wellness 11 a.m.-12:30 p.m. UAB Avondale Atrium		
18	19	20	21	22	23	24
		Zumba Class 10:30-11 a.m. UAB Avondale Cafeteria		Final Check-in 11 a.m.-1 p.m. UAB Avondale Atrium	Final Check-in 11 a.m.-1 p.m. UAB Avondale Atrium	
25	26	27	28			
		Awards Ceremony 10-10:30 a.m. UAB Avondale Atrium				

THE FEBRUARY SCOOP
 (stamp earning opportunities)

Mini Mart Healthy Snack Launch: Check out the new snacks and register to win an Employee Wellness swag bag by visiting the upstairs vending area anytime, Jan. 31-Feb. 2.
Monthly Check-in: Drop by for your monthly weigh in and blood pressure screen to receive two stamps.
Walk with Wellness: Get your heart pumping with the Employee Wellness team for two laps around the building or more!

Ask the Expert: Join UAB Employee Wellness as we talk about heart disease, blood pressure and ways to keep your heart healthy.
Cooking Demo: What does it mean to be "heart healthy"? Learn about common foods that provide heart health benefits and how to incorporate these foods into everyday living.
Exercise Class: Join Martin from UAB Campus Recreation for a 30-minute Zumba class.