

# Be Well

**Move****Eat****Play**

## September – November, 2016

Fall has arrived! The cooler temps, shorter days, and crunch of leaves on the ground give us time to pause and consider all the ways we can BE WELL. The fourth quarter of the 2016 Health Promotion Campaign will focus on preventing common illnesses and chronic disease, while also taking the time to manage stress and maintain good physical fitness. Come and visit us at one of our site-wide health fairs in September to get your Passport, receive health information. In October, participate in the BE WELL Health Challenge to track your healthy habits and be entered into a prize drawing. Throughout the quarter we will be featuring educational material via presentations, on our [website](#) and in the monthly [InsideOut](#) newsletter. Cheers to your health!

### BE WELL Featured Presentations

Invite us to present at your safety or staff meeting

1. Cold & Flu Prevention
2. Food Safety
3. Chronic Disease Management
4. Stress Management
5. Low Back Health

### The BE WELL Health Challenge

October 1-31, 2016

Log into the [WellSuite Health Activity Tracker](#) to track your healthy habits!

### Health Fairs

SEPTEMBER 1, 2016

<u>TIME</u>	<u>LOCATION</u>
8:00 - 9:30 AM	MO276/ Room 131A
10:00 - 11:30AM	200E/ 2704HV/ Room G228
12:30 - 2:00PM	200W/ 2713S/ CR131
2:30 - 4:00 PM	200E/272AW/ Lunch Room

SEPTEMBER 8, 2016

<u>TIME</u>	<u>LOCATION</u>
8:00 - 9:30 AM	HAMMER/ Room 31
10:00 - 11:30AM	Fermi/ Room C200
12:30 - 2:00PM	3110 POBB/ CR 2407
2:30 - 4:00 PM	2440 Stevens/ Rm 1200