

UAB OB/GYN

Wellness Week Checklist

Winning area/clinic will receive a prize

April 27 - May 3

#UABOBGYNWELLNESS



Scan QR Code for more information



MINDFUL MONDAY

- ☐ Post on the Gratitude Wall in your area
- ☐ Complete Wellness Bingo by end of the week
- ☐ Participate in Virtual Mindfulness Session
- ☐ Participate in Virtual Yoga Session



TASTY TUESDAY

- ☐ Cook recipe from the UAB HR Healthy Recipe Hub
- ☐ Buy 3 things from "See What's In Season" Chart
- ☐ Submit a meal to the UAB OB/GYN Recipe Swap
- ☐ Pick up fresh produce available in your area



WELLNESS WEDNESDAY

- ☐ Make a Wellness Plan/Goal List for May
- ☐ Participate in Stress Management Workshop
- ☐ Participate in Virtual Yoga Session



THANKFUL THURSDAY

- ☐ Post on the UAB OB/GYN Virtual Kudoboard
- ☐ Participate in Spiritual Health Virtual Workshop
- ☐ Participate in Virtual Art Therapy
- ☐ Staff Mixer at Good People Brewing at 5 p.m.



FITNESS FRIDAY

- ☐ OB/GYN Employee Picnic and Play: FREE Lunch
- ☐ Count your steps: UAB Medicine Walking Trail
- ☐ Register for the Hiking Meetup on Saturday



SERENE SATURDAY

- ☐ Come to the Hiking Meetup on Saturday at Red Mountain Park at 8 a.m.
- ☐ Submit pictures and checklist from the week