

# UAB OB/GYN

## Wellness Week Checklist

*\*Winning area/clinic will receive a prize\**

**April 27 - May 3**

**#UABOBSGYNWELLNESS**



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