

#gethealthyuams

Get Healthy UAMS January Challenge

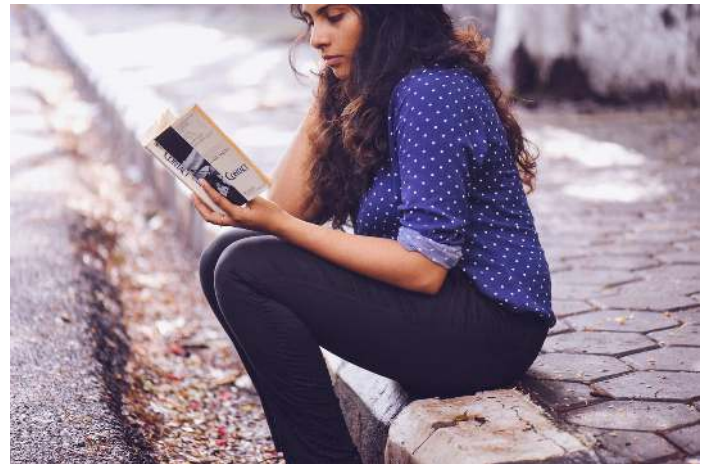
This month, we would like you to join our self-care dare challenge!

Participate in simple activities all month and post your fun on social media with the hashtag #selfcaredareUAMS

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Those who post will be entered to win some swag!

And don't forget, if you see someone being kind this, let us know by using the kindness form on Inside.UAMS.edu



Follow Get Healthy UAMS:

@gethealthyuams



Also coming in January...



Soup Recipe Contest! It's that time of year when soup is a great meal option to keep us warm. Send your favorite soup recipe to gethealthy@uams.edu by Jan. 31 for a chance to win some UAMS swag.



Jan. 4 — Join us for Walk with a Doc at 9 a.m. on the north lawn at War Memorial Stadium. Dr. Puru Thapa and medical student Elias Smith will be our guest speakers. Come walk and talk with our doc!



Students — did you know you can get the HPV vaccine and other immunizations right here on campus in the student health clinic? For more information, call 501-686-6381.



Jan. 6 — Mindfulness Meditation Session — Noon, 816 Shorey.

Jan. 8 — Mindfulness Meditation Session — Noon, 1202 RAHN.

Jan. 13 — Mindfulness Meditation Session — Noon, 816 Shorey.



Jan. 13 — National Gluten-Free Day - Education booth in the cafeteria with FREE samples while they last!



Jan. 16 — Mindfulness Meditation Session — Noon, 1202 RAHN.

Jan. 20 — Mindfulness Meditation Session — Noon, 816 Shorey.



Jan. 21 — "5 Tips for Starting a New Year's Fitness Plan" with UAMS Fitness Coordinator Lindsey Miller. Lunch will be served for the first 20 in attendance. Let Lindsey help you set some goals before you leave! This event will be at noon in 8240 RAHN.



Jan. 23 — Mindfulness Meditation Session — Noon, 1202 RAHN.

Jan. 27 — Mindfulness Meditation Session — Noon, 816 Shorey.



Jan. 28 — "Beyond Resolutions" with UAMS Fitness Center Manager Adam Carter. Lunch will be served for the first 20 in attendance. Adam will talk about how to stay on a healthy path past the typical resolution time. This event will take place in 8/121 EDII at Noon.



Jan. 30 — Mindfulness Meditation Session — Noon, 1202 RAHN.



Interested in some financial webinars? Click the TIAA and Fidelity Workshops link on hr.uams.edu for events!

