



# 10 Ways to Summer Wellness

Looking for ways to improve health and wellness for you and your family?  
Get started today.

## 1 GET HEALTHY WITH SUMMER FAMILY MAKEOVER\*

A 5-week program designed to help you & your family develop healthy eating and living habits. Prizes will inspire your whole family to achieve a new level of health. Kicks off June 22. **free**

## 2 REWARD YOURSELF & PARTICIPATE IN A WELLBAMA HEALTH SCREENING\*

UA's signature health screening & health coaching program. In addition to better understanding your health numbers, UA faculty and staff can receive \$25 just to participate. **free**

## 3 BECOME TOBACCO FREE\*

A 5-week tobacco cessation program. Get started on your path to better breathing. Classes begin July 11 at 12:00 p.m. at University Medical Center. **free**

## 4 BREATHE & RELAX WITH TAI CHI\*

Interested in strengthening and mobilizing joints and muscles, while improving physical and mental relaxation. Call today to schedule your Tai Chi group session - delivered on site at your location. **free**

## 5 CONNECT WITH THE UNIVERSITY MEDICAL CENTER.

Visit the Medical Center for your **free** annual preventive exam, an update on personal/family vaccinations, or to visit a registered dietitian (\$20 co-pay). For more information call 348-1770 or [www.umc.ua.edu](http://www.umc.ua.edu).

## 6 STRIVE FOR FIVE FRUITS AND VEGETABLES

Visit the local Farmer's Markets: Thursday from 3:00-6:00 p.m. on the Canterbury Chapel lawn and Saturday at the River Market from 7:00-11:00 a.m. [homegrownalabama.org](http://homegrownalabama.org) or [www.tuscaloosafarmersmarket.com](http://www.tuscaloosafarmersmarket.com) **free/\$**

## 7 DAY CAMP FOR CHILDREN WITH DIABETES

Southeastern Diabetes Education Services is hosting Camp Sugar Falls-Tuscaloosa, a camp for children (age 6-15) with diabetes. July 9-11 at the UA Recreation Center. For more information: [www.southeasterndiabetes.org](http://www.southeasterndiabetes.org). **\$**

## 8 LOSE WEIGHT WITH WEIGHT WATCHERS®

Join campus Weight Watchers® At Work program. Contact Beth Holley at [bholley@ua.edu](mailto:bholley@ua.edu) to get started.

## 9 PARTICIPATE IN THE RECORD-BREAKING SWIM LESSON

Join others at the Outdoor Pool Complex on June 14 from 9:00-11:00 a.m. to be part of a Guinness world record breaking event! **free**

[www.urec.sa.ua.edu/aquatics-worldslargestswimlesson.cfm](http://www.urec.sa.ua.edu/aquatics-worldslargestswimlesson.cfm)

## 10 SPLASH INTO FAMILY FUN ON WEDNESDAY EVENINGS

A different theme each week - with games, events, programs and FUN throughout the summer! Wednesdays from 6:00-8:00 p.m. For membership information, call 348-5140 or [urec.sa.ua.edu/familynights.cfm](http://urec.sa.ua.edu/familynights.cfm). **\$**

\*Select program offered through the Office of Health Promotion and Wellness. For more information:  
The University of Alabama | Health Promotion & Wellness | 205-348-0077 | [wellness@ua.edu](mailto:wellness@ua.edu)