




# MHealthy February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
For more MHealthy info, Email us at <a href="mailto:mhealthy@umich.edu">mhealthy@umich.edu</a> , call us at 975-3024	(dial all seven digits) or go to our web site at <a href="http://www.mhealthy.umich.edu">www.mhealthy.umich.edu</a>	1 	2	3 10 a.m. – 2 p.m. “I will be MHealthy” Expo at the Michigan League	4	5 
6 THE SUPER BOWL	7 	8	9 10 a.m. – 2 p.m. “I will be MHealthy” Expo at the Dow Aud. Lobby	10	11 You can still sign up for MHealthy Winter Exercise classes!	12
13 	14 “Have a Heart and Exercise” for the CVC (oh, yeah, and Valentine’s Day)	15 Active U logging begins	16 	17	18 Don’t forget to layer up when you go outside!	19 
20 Being green can help make you more active!	21 	22	23 Benefits Eligible Staff--Have you completed your Health Questionnaire?	24	25 	26 Campus Spring Break Begins
27	28		Have you signed up for Shamrocks and Shenanigans	a 5K run, proceeds of which go to help Mott?	Please go to <a href="http://www.runshamrocks.com">www.runshamrocks.com</a>	

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