

MHealthy February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>For info on MHealthy programs, please go to</p>	<p>www.mhealthy.umich.edu, call us at 647-7888 or email us at mhealthy@umich.edu</p>		<p>It's Heart Health Month!</p>	<p>1 Have you completed your Health Questionnaire yet?</p>	<p>2 Go to http://www.hr.umich.edu/mhealthy/programs/rewards/index.html</p>
<p>3 Super Bowl</p>	<p>4 </p>	<p>5 Active U logging begins!!</p>	<p>6 www.activeu.org</p>	<p>7 </p>	<p>8 Last day to get your dept. registration in for "Eat for the Health of It"</p>	<p>9 </p>
<p>10 Chinese New Year</p>	<p>11 </p>	<p>12 <i>Try to get 7 – 9 hours of sleep a night</i></p>	<p>13 </p>	<p>14 Valentines's Day</p>	<p>15 </p>	<p>16</p>
<p>17</p>	<p>18 Last date you can add anyone to your Active U team</p>	<p>19 </p>	<p>20 Are you logging your Active U minutes?</p>	<p>21</p>	<p>22 One word, one syllable— "Yum!"</p>	<p>23 </p>
<p>24 Breathe deeply, three times...</p>	<p>25 There! Don't you feel better?</p>	<p>26</p>	<p>27</p>	<p>28 We can help you manage stress!</p>		

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