



2016 Events Calendar

UBT Health and Safety Champions

January – Move more: walk, dance, roll
Tele-Town Hall: January 27

February – Free to Speak
Tele-Town Hall: February 24

March – Know Your Numbers
Tele-Town Hall: March 30

April – Take a Walk for Safety
Tele-Town Hall: April 27

May – Instant Recess
Tele-Town Hall: May 25

June – Stopping for Safety
Tele-Town Hall: June 29

July – Eat fresh fruits and veggies!
Tele-Town Hall: July 27

August – Safe lifting (rounding)
Tele-Town Hall: August 31

September – Get your screenings
Tele-Town Hall: September 28

October – Preventing slips, trips and falls
Tele-Town Hall: October 26

November – Stress management
Tele-Town Hall: November 30

December – Program Evaluation
No Tele-Town Hall

*Details on activities and tele-town halls are emailed directly to Champions listed in UBT Tracker