



FEBRUARY IS AMERICAN HEART MONTH FEBRUARY 5 AT 10 AM

Join the 10-minute UT System-wide walk for heart health with your virtual colleagues, either on campus or at home!

- Wear **red!** This coincides with National Wear Red day.
- Share your heart health walk pics or videos: tag #utheartwalk
- Email your pics or videos to EmployeeWellness@utdallas.edu and receive a heart healthy reward!

