

# TIP OF THE WEEK



## Love Your Heart

### Join the UT System Heart Walk

*Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, UT System is proudly participating in American Heart Month.*

Walking is a great way to take care of your heart.

Join UT System employees across the state in our 3rd annual **UT System Heart Walk** on Friday, February 9, at 10am (for a 10-minute walk).

Earn a collectors pin for joining!

Check with your institution's wellness coordinator for your meeting location.

  
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