

TIP OF THE WEEK




LivingWell
make it a priority
THE UNIVERSITY of TEXAS SYSTEM

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 2nd annual **UT System Heart Walk** on Friday, February 10, at 10am (for a 10-minute walk).

Earn a collectors pin (shown at left) for joining!

For **meeting locations** at your institution, visit www.livingwell.utsystem.edu