

Sample Health Contacts Email

Subject: Free Yoga/ Free Zumba/Healthy Recipe/FIF/New Corp Discount/Free Open House- Health Contacts Feb 5 2015

Dear Health Contacts

Check out below for the latest health and wellbeing offerings! **Please distribute amongst your department/unit/colleagues – or print and display as you feel suitable**

If you are not directly receiving Health Contact emails (but are reading this email), please contact me - colin.hearne@ubc.ca - and I will add you to the mailing list. Health Contact Emails are available to subscribers only.

- **The 2015 Travelling Health Fair registration is OPEN!**

[Click here](#) for more information or to sign up - **See attached poster for display**

- **FREE YOGA – Friday February 27 2015**

On Friday Feb 27 2015 [UBC Rec](#) is hosting a free Yoga Class from 12-1pm in the SRC Gyms - it's open to students, staff and faculty; and all levels of experience. **See attached poster for display**

- **This week's Healthy UBC Recipe**

This week's healthy recipe from Stephanie Dang from the school of Food Nutrition and Health is here and it is **Pumpkin Pie Pudding**– [and is available here](#) - All of our weekly healthy recipes will be located in our [Healthy UBC Recipe Series](#) page where they will live forever – please share!!

- **Fitting in Fitness**

Third Year student Courtney Chan from UBC's School of Kinesiology has come onboard with us to contribute a weekly **Fitting in Fitness** series for staff and faculty at UBC to enjoy and to gain tips and hints on how to increase physical activity levels and types– The latest one is here and it is called ***A Beginner's Guide to Abdominal Exercises*** - **See attached poster for display**

- **St Patrick Day Free Zumba! March 17 12-1pm**

A little early but mark your calendar! March 17 Healthy UBC is hosting a free St Patrick's Day Zumba at the SRC gym - Don't forget to wear green! [Click here for more information](#)

- **Interested in your own Health Day?**

[Click here](#) for more information

- **New Corporate Health, Fitness & Family Discounts for UBC Staff/faculty - Life Chiropractic Health and Wellness**

As a UBC staff, Hospital Staff or Faculty Member, you will receive 10% off your initial visit to [Life Chiropractic Health and Wellness](#) – who provide Chiropractic, Massage, Acupuncture, Nutrition and Spinal Decompression services. For more information [click here](#)

- **Ideas Lunch and Wine Bar – Win a free Lunch!**

Have you visited the UBC Ideas Lunch and Wine Bar for Staff and Faculty? Located in a peaceful corner of the Peter Wall Institute, this on campus oasis offers self-serve salads, soups, sharable snacks and drinks. Help out by filling in [a 5 minute user survey](#). Respondents will be entered into a draw to win a FREE LUNCH at Ideas!

- **Free WordPress and Wiki Clinic – Feb 12 1-3pm @Irving K Barber Library**

[Click here for more information](#)

- **UBC Rec Winter Open House-Feb 18, 20**

Book some FREE fitness time into your calendar by visiting one of the UBC Recreation open houses! The open house on Feb 20 will feature great prizes including Davis cup tickets, Wesbrook Village gift certificates, private tennis lessons and more! –[Click here for more information](#) **See attached poster for display**