



POWERUP NEWSLETTER

HR Health & Wellness

February 2018

READY TO ZUMBA?

Beginning **Monday, Feb 12**, free **ZUMBA** classes will be available to faculty and staff every **Monday and Wednesday afternoon, 5:30 – 6:30 PM** in the **Melcher Gym, 2nd Floor**, (next to the Charter School). Please enter at the south entrance, take the stairs and follow the signs to the gymnasium.

Zumba is a high energy fitness program featuring aerobic movements inspired by various styles of Latin American dance. The program is open to all levels of fitness.



ERP ONSITE MOBILE MAMMOGRAMS

This month 3D/2D mammograms will be available to qualified UH employees with BCBSTX HealthSelect insurance (or other accepted insurance) with no co-pay or additional out-of-pocket expense at the UH Energy Research Park. Screenings will be conducted on **Friday, February 23rd from 9:00 AM to 3:30 PM** in The Rose's state of the art mobile unit located outside of **ERP Building 7**.



To learn more about 3D mammography, click here to watch a quick video. Then, REGISTER online using code: UHERP. If you have difficulty registering, call 281 464-5136 for help in making your appointment. If you have any questions, contact The Rose at MobileTeam@therose.org or 281 464-5136.

PUBLIC ART TO HOST FRANK STELLA

Fri, Feb 9, the Public Art of University of Houston System hosts a conversation on the role of art in public spaces with renowned artist **Frank Stella, 7 - 8 PM**, in the **Moore Opera House**. Joining Mr. Stella will be Alison de Lima Greene, Isabel Brown Wilson Curator of Modern and Contemporary Art at the Museum of Fine Arts, Houston, and Rick Lowe, UH faculty member and founder of Project Row Houses. To attend, please RSVP by Mon, Feb 5. For more information, contact Jasmine Harris at **713 743-0332**.

Prior to this event, participate in a special **Public Art Tour** hosted by Mike Guidry, Curator, and Wilhelmina (Beth) Robertson, former UH Regent and philanthropist, for a tour of Mr. Stella's Euphonia. Learn more about this piece in the UH collection while enjoying behind-the-scenes stories. Open to the public, the tour will take place from **12:30 to 1:30 PM, Tues, Feb 6**. Register here.

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- Featured Wellness Events:
 - Nutrition Lunch & Learn
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Contact Us

713-743-3988

<http://www.uh.edu/human-resources/wellness/>

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