



Let's bring awareness *together!*  
MONDAY, NOV. 14

### GET MOVING!

Join *Yoga for All with Sophia.*  
Schedule a *walking meeting.*  
Organize a lunchtime or after-work *walk.*  
Take a *stretch break.*  
*Workout at your convenience.*

### HOST A LUNCH 'N LEARN OR WEBINAR!

### WEAR BLUE!

Send photos (*with permission*) to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov).

### TAKE A TYPE 2 DIABETES RISK ASSESSMENT!