

### Live Events

- **October 1<sup>st</sup> at 9am: Kickoff Heart Walk – Coolidge Park:** Join EIM and the UTC Masters of Public Health program to support the American Heart Association at the Tennessee Valley Heart Walk. Registration is free. Any funds raised will earn you an entry in the UTC Heart Walk Raffle
- **October 11<sup>th</sup> at 11:30: Fast Break Workshop:** UTC Staff are invited to come learn about how proper footwear can make your workday easier. All attendees will be entered into a raffle for a pair of free shoes from Fast Break Athletics.
- **October 13<sup>th</sup> from 10am-1pm: White Oak Bike Co-op Pop Up Shop at Chamberlain Pavilion:** White Oak Bicycle Cooperative's volunteers will be on campus to perform basic maintenance to get your bike running again. They will also collect bikes you would like to donate
- **October 19<sup>th</sup> from 10am – 1pm: Be Well Health Fair in UC Tennessee Rooms:** Vendors related to all things physical well-being will display a variety of programs and resources across the Chattanooga area.
- **October 19<sup>th</sup> from 1pm – 4pm: Field Day on Chamberlain:** Join us on Chamberlain Field for Ladder Golf, Cornhole, Inflatables and more to take a break from your stress. Two attendees will win UTC Bookstore gift cards.
- **October 25<sup>th</sup> at 6:30pm: Sunset Yoga on Chamberlain Circle:** Join us to melt away your stress. This free class is open to all members of the UTC Community – just bring your own mat or towel and join us at sunset.
- **October 25<sup>th</sup> at 3pm: ARC Squat Clinic:** Come out and feel the burn with our Squat Clinic at the ARC.
- **October 27<sup>th</sup> from 1pm – 4pm: ARC Lifting Competition:** Form a team and join us at the lifting competition at the ARC for a stellar workout.
- **October 27<sup>th</sup> at 8:30pm: ARC Monster Mash:** Come out and dance the night away at this spooky Zumba event. Wear your best Halloween costume and compete for best dressed.
- **All Month Long: McKamey Mocs and Mutts:** Did you know that you can borrow dogs from McKamey Animal Center for afternoon hikes or morning coffee dates? The UTC student that logs the most hours in McKamey's Trailblazer program this month will win a \$20 UTC bookstore gift card and a McKamey t-shirt.
- **All Month Long: Employee Step Challenge:** Log your steps for a chance to win an Amazon gift card.

### Social Media Events

- **Week of October 3<sup>rd</sup> #MocsMove social media challenge:** Kick off EIMOC Month by showing up how #MocsMove. Use #MocsMove and tag @UTCHHP in your Instagram stories for a chance to win a UTC Bookstore gift card.
- **All Month Long: West Campus Social Media Activity Challenge and Color Fight:** West Campus residents can enter their own social media challenge for a chance to participate in a complex-wide color fight.
- **All Month Long: EIM-OC Bingo social media challenge:** Fill out your EIMOC bingo card throughout the month. Each bingo earns you an entry in our raffle for a Series 3

Apple Watch..

- **All Month Long: Daily #DidYouKnow:** Follow @ UTCHHP on Instagram and Facebook for daily facts about the wide variety of benefits of exercise.