**Wellness March Events**

**AngioScreens® presented by Navicent Health**

*Tuesday, March 6th, 8am-5pm (20 points)*

AngioScreens® are non-invasive vascular screenings provided by Navicent Health. Navicent Health will be offering these screenings on campus, with appointment times available to meet your schedule. AngioScreen® is designed to provide you with information about your circulation and your risk of heart disease or stroke. In only 6 minutes, this health screening can provide you with information about your heart rhythm, neck and leg arteries, blood pressure and fitness. The cost of this screen is $50 (payment can be made using your flex spending account). Learn more about AngioScreens® by visiting Navicent Health here. Reserve your appointment time here.

**March Madness Fitness Tournament**

*Monday March 12th — Friday, March 30th (up to 32 points)*

Don’t just watch the games on the sidelines, grab a partner and play in our March Madness Fitness Tournament. You and your partner will compete bracket style in four fitness challenges. You’ll go head-to-head with another team and compete to be Champion of Fitness. The winning team wins lunch on us at Margarita’s, a team gift certificate, and a stunning championship trophy. Choose to compete in either the Advanced or Beginner Bracket. Learn more about March Madness here.

**30-Day Plank Challenge**

*Monday, March 12th—Tuesday, April 10th (up to 15 points)*

Our 30-Day Plank Challenge was one of the most popular in 2017. The plank exercise is one of the most effective tools for strengthening your abs, back, shoulders, glutes, and hamstrings — that’s almost your whole body. This month we’ll progress our planking and you can choose whether you’re a novice, intermediate, or advanced planker for a challenge that fits your fitness level. This year, we’re offering a whole new twist for our advanced plankers — register today!

**Restorative Morning Fitness**

*Wednesdays, March 14th—April 4th, 8:35am (up to 20 points)*

Physical activity doesn’t mean having to break a sweat or going to the gym. Join us for an in-office exercise break that you can do in the comfort of your office. Join our weekly WebEx sessions and we’ll lead you in 10 minutes of easy exercise that will get you through those mid-week blues and in the habit of being active at work. Get signed up here.

**Walk & Learn: Walk with a Doc**

*Wednesday, March 21st, 12pm (10 points)*

Feed your brain and move your feet with our Walk and Learn with Dr. Matt Astin, Medical Director of Student Health and Medical Director of Mercer Athletics. Dr. Astin will be discussing healthy aging, including strategies for safely staying active at any age. This is a great opportunity to ask your burning medical questions, while enjoying the beautiful spring weather in our community. Space for our Walk with a Doc is limited, RSVP today.