



# National Women's Health Week

## Community Involvement Projects to Promote National Women's Health Week

- Organize a lunchtime walk with your coworkers.
- Encourage everyone to stand at your next meeting.
- Host a healthy potluck or lunchtime salad bar in person or via WebEx.
- Start a friendly competition with coworkers. Track your steps, water intake, or other healthy activities.
- Invite a local fitness instructor to teach a free yoga or Zumba class in person or via WebEx.
- Bring in light weights you can use at your desk.
- Set up a virtual health activity with others members or conference friends.
- Host a Health Fair
- Attend a healthy cooking class

Share your activities with #TWA givesback or email [Robin.Doran@xerox.com](mailto:Robin.Doran@xerox.com)

May 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

*The Women's Alliance is a Xerox recognized, independent employee group that exists to aid in achieving company diversity & inclusion objectives.*