We can all take action to prepare! We are all able to help first responders in our community by training how to respond during an emergency and what to do when disaster strikes — where we live, work, and visit. The goal of NPM is to increase the overall number of individuals, families, and communities that engage in preparedness actions at home, work, businesses, school, and places of worship. Check out https://www.ready.gov/september for weekly themes!

**NATIONAL FAMILY HEALTH & FITNESS DAY – September 24th**
National Family Health & Fitness Day USA promotes family involvement in physical activity in support of one of the goals of the U.S. Surgeon General’s Report on Physical Activity and Health. Find events and activities at fitnessday.com to join in the celebration and use #FamilyHealthAndFitnessDayUSA to post on social media.

**GET READY DAY – September 19th**
Being prepared to deal with an emergency is important for anyone and this is what Get Ready Day is all about. It is staged each year as a way of encouraging individuals, families, and communities to consider what is required in the event of natural disasters, pandemic illnesses, infectious diseases, and other crisis events. Visit http://www.getreadyforflu.org/getreadyday/ to find or plan an event.

**NATIONAL HEALTHY LUNCH DAY – September 24th**
There is tremendous confusion about what to eat—what’s healthful and what's not. Often the food choices people make are full of calories, yet lack the nutritional value the body needs. The result is expanding waistlines, low energy and rising rates of type 2 diabetes and obesity-related illnesses. Our goal is to help companies, organizations, and communities inspire, encourage and empower employees and members to eat healthy lunches.

**SEPTEMBER EVENTS:**

- Blood Pressure Screening @ UHall (Medical Campus) 9/6
- Get Moving/Walk It Out/Walk It Wednesday @UC Clermont/Blue Ash/CRC/CARE
- Be Well UC Orientation
- Coloring

Questions? Please contact wellness@uc.edu or visit uc.edu/hr/bewelluc