



**BE HEALTHY FOR GOOD WITH**  
**LIFE'S SIMPLE 7**



American Heart Association

The Office of Human Resources and the Employee Wellness Committee cordially invite you to

**Healthy for Good:**  
**Life's Simple 7**  
— Lunch & Learn —

Join **Beverly Stibbens**, Senior Development Director,  
**American Heart Association**, to learn how making  
small changes every day can add up to big improvements in your overall health.

**February 21, 2019**  
**12:00 p.m. - 1:00 p.m.**  
**Galaxy Rooms B & C (SU 2.602)**

To reserve your lunch, RSVP to [taylor.tran@utdallas.edu](mailto:taylor.tran@utdallas.edu) by February 14, 2019.