With the holidays fast approaching, why not lose some pre-new year’s resolution pounds to prevent that inevitable post-feast food coma self-loathing... The average American gains 5-7 lbs between Thanksgiving and New Year’s! We are repeating the stair challenge with a twist – you will be on a team with your co-workers and thus **accountable for each other’s success**! Find your team on the next 2 pages (this includes LMC, WMC, and HP!) The stair challenge will begin **November 7th, 2018 and run through December 23rd, 2018**.

The deets:

- A flight of stairs = ~ 10 stair steps only (going up) – easiest to use your phone/ fit bit/ iphone watch → please respect the honor code!!
- **Choose a captain** from your team (see below) who will send me or Ann Donald weekly (every Sunday) totals of flights climbed by your combined team members
- **Send me your captain and team name by this Sunday**
- YES I REALIZE SOME TEAMS ARE UNEVEN - Teams are made up of 8-11 individuals, so will standardize by dividing by total number on team
- Providers who work on several different campuses can email me if they want to change the campus they were assigned to
- **Winning team will receive catered lunch of their choosing! (plus bragging rights of course)**
Group 1
Brittany Habershaw
David Girguis
Donna Farrington
Earl Webster
Harsh Barot
Jerry Pinkerton
Mira Boone
Pradip Thakkar
Zeeba Siddiqi

Group 1
Issaka Nsiah
Venketa Praveen Kondreddi
Cory Sessoms
Dileep Kumar
Anatole Hounnou
Binaya Dahal
Ramesh KC
Kelvin Gold
Nelson Smith
Innocent Iroetugo
Kuber Ghimire

Group 2
Anupama Match
Salome Sookieopersad
James Kirby
Cristopher Nils Spongberg
Mukesh Kumar
Basavetti Sowmya
Ivonne Rodriguez
Cheryl Fleming
Courage Emokpae
Mark Banks
Navneet Kumar

Group 3
Vijaya Gandla
Eshwar Lal
Bernard Ayiku
Seyed Shahmehdi
Laxman Pokrehl
Vijay Agarwal
Manjunath Mahdevappa
David Hower
Umabala Pasupala
Amrit Adhikari

There is **NO** elevator to **SUCCESS**.
You have to take the **STAIRS**.
CycleBar Event

Thank you to Kristin for organizing this kick butt workout (I burned 500 calories in 45 minutes)! We will be planning more of these every few months so keep on the lookout for the next time to sign up!

Reverse Trick or Treat

We ended up in internal medicine admin offices, then the pathology trenches to visit Seguin’s husband and crew! They said it brightened their days 😊 Would love to make this a tradition with our littles ones!
2018 Hospital Medicine End of the Year Celebration
December 10, 2018
7:00-11:00 pm
Footnote @ Foothills
634 W 4th St, Winston-Salem, NC
Food, drink, music (including karaoke!), and awards you won’t want to miss 😊

Mark your calendars for the
1st Inaugural Hospital Medicine Super(chili)Bowl
hosted by Pankaj Kumar and the Wellness team
January 13th, 2019
More details to come!
November Theme: Diabetes Awareness

- **BestHealth Challenge: Hold the Stuffing**
- **Farmer’s Market**
  - New Hawthorne Parking Deck; Thursdays 2-5:30 PM
- **Diabetes Management: Please Don’t Sugarcoat It!**
  - Sticht Center; Thursday, November 8th, 12-12:45 pm
  - LMC, LiveWell Center; Tuesday, November 13th, 12-12:45 pm
  - DMC, Plaza 1 classroom, Thursday, November 15th, 12-12:45 pm
  - WMC, Executive board room, ground floor; Thursday, November 29th, 12-12:45 pm
- **Cooking for the Holidays**
  - LMC (LiveWell Center); Tuesday, November 6th, 12-12:45 pm
  - Davie Medical Center (plaza 1 classroom), November 7th, 12-12:45 pm
  - Sticht center; Thursday, November 1st, 12-12:45 pm
- **Advance Care Planning**
  - CCC 2A/2B; Wednesday, November 14th, 4-5 pm
  - DMC, small conference room; Thursday, November 8th, 12:30-1:30 pm
  - LMC, classroom 2; Wednesday, November 28th, 12:15-1:15pm
- **Financial Counseling with BB & T**
  - WFBH, Spine; Thursday, November 1st and Tuesday, November 13th, 12-4 PM
- **Healthy Hike**
  - Grindstone/Ledge Spring Trails @ Pilot Mountain State Park; Saturday, November 11th, 11 am
- **Contact Bri if you are interested in further class series with topics on**:
  - DASH Diet
  - Mindful Eating
  - Prevent Diabetes
  - Yoga Series
COMING SOON

STAY TUNED FOR THESE UPCOMING WELLNESS EVENTS

- **CYCLEBAR CLASS FOR HOSPITAL MEDICINE** – FEBRUARY
- **PARENTS NIGHT OUT** - DECEMBER
- **TEAM BUILDING ACTIVITY AT GRAYLYN CONFERENCE CENTER** – EARLY SPRING