

How red can you go?



‘Wear it. Beat it.’ on 9 June to support the British Heart Foundation’s work to promote heart health and research.

Wear **red** to work on 9 June

Send us a photo of you wearing even a hint of red and we will make a donation to the British Heart Foundation.



Organise a fund-raising event in your workplace:

- A bake sale
- A raffle
- A.....whatever

Send us a photo of your event and we will post it on the University Wellbeing webpage.

Send your photos to wellgrp@st-andrews.ac.uk

More information and fund-raising ideas at <https://wearitbeatit.bhf.org.uk>

Part of the University Wellbeing and Engagement programme for June 2017

Occupational Health

