


# UMBC Cares...Why Take the Stairs?

Join Us for Our Admin Building Campaign  
February - September 2017



Free up elevators for  
those who need  
them

Increase  
heart  
health

Reduce  
energy

Compete for prizes!!

Open to all faculty, staff  
and students who use the  
Admin Building

Not taking the stairs or need an  
accommodation?  
Call the ADA Coordinator  
(5-5745)

For more information and tracking visit  
[wellness.umbc.edu/stairs](http://wellness.umbc.edu/stairs)

