

# HEALTHY YOU

## Calendar of Events

## November 2011

**HEALTHY YOU** is a collaboration with member colleges of the Boston Consortium for Higher Education to improve the health of faculty and staff and lower the rate of rising health care costs.

**HEALTHY YOU** consists of a wide-range of resources and programs designed to help faculty and staff understand, improve and maintain every aspect of their health and well-being.

### November's HEALTHY YOU Events

**Campus Athletic and Recreation Resources: Tuesday, November 1, 12:00 – 1:00, 342 CSC**

Learn about all the facilities—gyms, tracks, personal trainers, classes—available to you on campus

**Weight Watchers At Work: Wednesday, November 2, 10:00 – 10:45, 435 CSC**

Join with your colleagues at Northeastern who are striving to reach or maintain their desired weight

**Enjoying and Handling the Holidays: November 7, 12:00 – 1:00, 435 CSC**

Find ways to approach the holidays with less stress and more joy

**Weight Watchers At Work: Wednesday, November 9, 10:00 – 10:45, 435 CSC**

Join with your colleagues at Northeastern who are striving to reach or maintain their desired weight

**Annual Benefits Fair: Tuesday, November 15, 10:00 – 2:00, CSC Ballroom**

Attend the Benefits Fair to learn about **all** the benefits and resources Northeastern offers **you**

**Weight Watchers At Work: Wednesday, November 16, 10:00 – 10:45, 435 CSC**

Join with your colleagues at Northeastern who are striving to reach or maintain their desired weight

**Weight Watchers At Work: Wednesday, November 23, 10:00 – 10:45, 435 CSC**

Join with your colleagues at Northeastern who are striving to reach or maintain their desired weight

**Weight Watchers At Work: Wednesday, November 30, 10:00 – 10:45, 435 CSC**

Join with your colleagues at Northeastern who are striving to reach or maintain their desired weight



**Northeastern University**  
*Human Resources Management*



**HEALTHY YOU**  
WORKING TOGETHER FOR YOUR WELLNESS