

HEALTHY YOU

Calendar of Events

October 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.

October's HEALTHY YOU Events

Setting and Reaching Healthy Goals: Wednesday, October 5, 12:00 – 1:00 442/444 CSC

Learn how to set healthy and realistic goals so that you can accomplish your objectives

Weight Watchers At Work: Wednesday, October 19, 10:00 – 10:45, 435 CSC

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

Sleep for Health: Tuesday, October 25, 12:00 – 1:00, Ryder 247

Find out what makes for a good night's sleep and why it's so important for your health

Weight Watchers At Work: Wednesday, October 26, 10:00 – 10:45, 435 CSC

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

Home Buying Workshop: Wednesday, October 26, 12:00 – 1:30, 342 CSC

Attend a session sponsored by Coldwell Banker that provides an overview of buying a home

Investment Strategies: Wednesday, October 26, 12:00 – 1:00, Egan, Raytheon Amphitheater

Hear a representative from TIAA CREF discuss how to navigate investments in a volatile market

Flu Shots: Monday, October 31, 10:00 – 4:00, Egan, Raytheon Amphitheater

Receive a flu shot and protect your health; available to benefits eligible faculty and staff



Northeastern University
Human Resources Management



HEALTHY YOU
WORKING TOGETHER FOR YOUR WELLNESS