

The *Healthy You* team invites you to invest in your health and earn up to \$400/year with the *Healthy You* Virgin Pulse program. If you are not yet participating in the *Healthy You* Virgin Pulse program, [click here](#) to learn more and enroll. You will need your NU ID, available on the top right corner when you log into myNortheastern.

In addition to online programs available through Virgin Pulse, we are hosting several programs designed to help you be a *Healthy You*.

CARBS: THE GOOD, THE BAD, THE UGLY

Thursday, May 16, CSC 333: 12:00 – 1:00.

Learn about the good, the bad and the ugly of carbohydrates and how they fit into a healthy eating plan.

Click [here](#) to enroll.

THE INTERACTION: MOODS AND FOODS

Wednesday, June 12, CSC 333: 12:00 – 1:00

Learn about the relationship between emotions and eating. Increase awareness of your own eating patterns and identify strategies for “smart snacking.”

Click [here](#) to enroll.

FITNESS TIPS FOR BUSY PROFESSIONALS

Monday, July 24, CSC 333: 12:00 – 1:00

Find creative ways to incorporate 30 minutes of exercise into your existing schedule without purchasing any equipment or a gym membership.

Click [here](#) to enroll.

A BALANCED RETIREMENT LIFE

Wednesday, August 14, CSC 333: 12:00 – 1:00

Come learn some of the important decisions to make today to set you up for retirement down the road.

Click [here](#) to enroll.

BLUE CROSS BLUE SHIELD HEALTH CALENDAR FOR MAY

Check out the [May calendar](#) filled with physical fitness tips for your and your family's health.

