MARCH 2018

The Healthy You team is pleased to provide the following opportunities for March. In addition, we are kicking off the sign-up for the Farmers Market which begins on June 6.

DANCE, TAI CHI, AND YOGA CLASSES
Participants earn Healthy You Virgin Pulse points.

- SALSA DANCE
  Thursday, March 1, CSC Dance Studio, 12:00 – 1:00
  To register, click here

- YOGA
  Thursday, March 8, CSC Dance Studio, 12:00 – 1:00
  To register, click here

- SWING DANCE
  Thursday, March 15, CSC Dance Studio, 12:00 – 1:00
  To register, click here

- TAI CHI
  Thursday, March 22, CSC Dance Studio, 12:00 – 1:00
  To register, click here

- SALSA DANCE
  Thursday, March 29, CSC Dance Studio, 12:00 – 1:00
  To register, click here

XHIBITION KITCHEN
Friday, March 23, Stetson West, 12:00 – 1:00
In anticipation of the Farmers Market, learn from Chef Tom Barton about great options for spring and summer produce. Participants earn Healthy You Virgin Pulse points. To register, click here
FARMERS MARKET –
Ward’s Berry Farm will once again offer several options to purchase a farm share available for pick up on Wednesdays, 11:00 – 3:00 at Centennial Common, between Ruggles MBTA station and Shillman Hall.

The generous box is perfect for a family or for several colleagues to share.

FARM SHARE OPTIONS
OPTION 1: Full Season Share, June 6 – October 24, 20 weeks, $495
OPTION 2: Early Season Share, June 6 - August 15, 10 Weeks, $260 (No share 7/4)
OPTION 3: Late Season Share, August 22 – October 24, 10 weeks, $260

To guarantee the costs quoted here, orders for options 1 and 2 must be placed by April 16. The deadline to purchase Option 3 will be in mid-July.

To learn more and sign up, click here.

ADDITIONAL RESOURCES

– MARCH MADNESS: USE A HEALTHY HABITS CALENDAR!
  Checkout March’s calendar; it’s filled with simple ways to incorporate healthy habits into your days.

– BENEFIT FROM WEIGHT WATCHERS AT WORK
  Wednesdays, 10:00 – 11:00, CSC 435
  You are welcome to join at any time; the fee can be pro-rated. Please contact Kate Klepper with questions about the program.

– EARN UP TO $100/QUARTER
  The Healthy You program enables you to earn up to $100/quarter, $400/year by participating in the Virgin Pulse program and meeting critical milestones, which include getting the CDC’s recommended number of steps each day, tracking healthy habits and learning more about healthy behaviors. There are many devices you can use to track your steps – including your smart phone. Learn more. Not yet a member? Enroll now!