

HAPPY NEW YEAR

The *Healthy You* team is pleased to provide the following opportunities for January and early February! Stay tuned for information about more programs and resources.

DANCE AND TAI CHI CLASSES

Take a dance class or try Tai Chi. If you enjoy these classes, consider enrolling in the programs offered by Campus Recreation highlighted below.

- **SWING DANCE**
Tuesday, January 16, CSC Dance Studio, 12:00 – 1:00
To register, [click here](#)
- **INTRODUCTION TO TAI CHI**
Tuesday, January 23, CSC Dance Studio, 12:00 – 1:00
To register, [click here](#)
- **IRISH STEP DANCE**
Tuesday, January 30, CSC Dance Studio, 12:00 – 1:00
To register, [click here](#)

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!](#)

EXPLORE NORTHEASTERN'S TUNNELS

Don't let weather interfere with walking for a *Healthy You*! [Northeastern's tunnels](#) connect 11 buildings: Cabot Gym; Churchill Hall; the Curry Student Center; Dodge Hall; Ell Hall; Forsyth Hall; Hayden Hall; Mugar Hall; Richards Hall; Snell Library; and Snell Engineering.

PARTICIPATE IN CAMPUS RECREATION

Northeastern's spring [instructional programs](#) include yoga, meditative Tai Chi, martial arts, Hip Hop, Salsa, squash and swimming. [Registration](#) closes January 21. Please Note: Marino membership required.

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.

FINANCIAL WELLNESS AND ESTATE PLANNING

Tuesday, February 6, 1:30 - 3:00 pm. The Alumni Center, located on the 6th floor of Columbus Place. Tim Gagnon, Associate and Faculty Director of the online Master of Science in Taxation program, will review how estate planning works, why it's important, and steps to consider when planning for your future. This seminar is sponsored by HRM and the Gift Planning Office. To register, [click here](#).

Northeastern University
Human Resources Management