

HEALTHY YOU SUMMER OPPORTUNITIES

The *Healthy You* team is pleased to provide the following opportunities during the summer for faculty and staff. Try something new or return to a favorite activity.

FARMERS MARKET

Ward's Berry Farm Stand is on Centennial Common every Wednesday, June 14 – October 25, 11:00 – 3:00.

- Purchase fruits and vegetables, homemade jams and jellies
- Pick-up pre-ordered farm share boxes

WEIGHT WATCHERS AT WORK

Weekly meetings each Wednesday, CSC 435, 10:00 – 11:00. A new session starts June 14. For more information, contact [Mary Ann Phillips](#).

YOGA CLASS

Participate in an introductory yoga class taught by Linda Wells. Wear comfortable clothes; bring a yoga mat or towel. Click [here](#) to sign up for a yoga class or classes.

- Wednesday, July 12, Sacred Space in Ell Hall, 12:00 – 1:00

TAI CHI

Join a Tai Chi class offered by Ben Warner; click [here](#) to sign up for a tai chi class or classes.

- Wednesday, July 19, Sacred Space in Ell Hall, 12:00 – 1:00
- Wednesday, August 2, Sacred Space in Ell Hall, 12:00 – 1:00
- Wednesday, August 16, Sacred Space in Ell Hall, 12:00 – 1:00

DANCE CLASSES

Explore different dance styles. Click [here](#) to sign up for a dance class or classes.

- **SWING:** Thursday, July 13, CSC Dance Studio, 12:00 – 1:00
- **SALSA:** Thursday, July 20, CSC Dance Studio, 12:00 – 1:00
- **BOLLYWOOD:** Tuesday, July 25, CSC Dance Studio, 12:00 – 1:00

- **STOMP:** Tuesday, August 1, CSC Dance Studio, 12:00 – 1:00
- **SWING:** Tuesday, August 8, CSC Dance Studio, 12:00 – 1:00
- **IRISH STEP:** Tuesday, August 15, CSC Dance Studio, 12:00 – 1:00
- **SALSA:** Tuesday, August 22, CSC Dance Studio, 12:00 – 1:00

HEALTHY YOU VIRGIN PULSE TIP

It's easy to redeem a *Healthy You* Virgin Pulse voucher; just follow the instructions on the front of the voucher. The vouchers don't expire; you can use them this quarter to boost your level or wait until another quarter to jump start your efforts!

Northeastern University
Human Resources Management