

## HEALTHY YOU CALENDAR OF EVENTS: WINTER AND SPRING 2017

Happy New Year! The *Healthy You* team has prepared a series of different programs and opportunities—including webinars—to help you understand, improve, and maintain your health. Explore all the options and participate in what best meets your needs.

***The registration links for the different programs are included below.***

### ENHANCED VIRGIN PULSE PROGRAM

On January 12, the *Healthy You* team launched the enhanced Virgin Pulse program.

[The enhancements](#) give you even more ways to earn up to \$100/quarter and \$400/year. Customize your program; set your own goal—20 minutes of meditation each day, drinking eight glasses of water daily, reading with your child(ren) each day— and earn Points towards HealthCash.

#### HEALTHY YOU VIRGIN PULSE MEMBERS

Your login and password remain the same; when you upload your steps, take time to explore the new website, identify your particular interests, and take full advantage of the diverse options. Got questions: call 1.888.671.9395 or email [support@virginpulse.com](mailto:support@virginpulse.com).

#### JOIN TODAY!

Not yet a member? [Sign up today](#); you will need your NU ID available on myNEU.

You can use the MAX digital pedometer provided at no charge or one of the compatible devices including a [FitBit](#).

### CLASSES AND PROGRAMS

#### DANCE YOUR WAY INTO THE NEW YEAR!

Want to try a new dance step? Now is your chance.

[Click here](#) to register for any of the dance sessions.

##### DANCE STYLE: SWING

Thursday, January 19, Dance Studio, CSC, 12:00-1:00  
Swing Class with Eileen Herman-Hass

##### DANCE STYLE: IRISH STEP DANCE

Thursday, January 26, Dance Studio, CSC, 12:00-1:00  
Irish Step Dance with Peggy Woods Doherty

### DANCE STYLE: HIP HOP

Thursday, February 2, Dance Studio, CSC, 12:00-1:00  
Hip Hop with Casey Avaunt

### DANCE STYLE: AFRICAN DANCEHALL

Thursday, February 9, Dance Studio, CSC, 12:00-1:00  
African Dancehall with Lilian Cook

### DANCE STYLE: SALSA

Thursday, February 16, Dance Studio, CSC, 12:00-1:00  
Salsa with Eileen Herman-Hass

## WEIGHT WATCHERS AT WORK

Weekly meetings each Wednesday, CSC 435, 10:00 – 11:00. A new session starts February 8; for more information, contact [Mary Ann Phillips](#).

## FINANCIAL FITNESS

In partnership with e4Health, Northeastern's Employee Assistance Program, we are offering several programs to help you learn more about the basics of making a budget, establishing a good credit score, and saving to meet your goals.

[Click here](#) to register for any of the in person financial sessions. Use the links below to register for a webinar.

### FAMILY AND PERSONAL BUDGETING

Establish your financial goals and design a budget to help you succeed.  
Tuesday, January 17, CSC 333, 12:00 – 1:00

### WEBINAR: IMPROVE YOUR CREDIT SCORE

Why is the score important? How can you improve and monitor your score?  
Thursday, February 23, [12:00 – 1:00](#) EST and [3:00-4:00](#) EST.

### FINANCIAL FITNESS: LEARN THE BASICS OF FINANCIAL PLANNING

Tuesday, February 28, CSC 333, 12:00 – 1:00

## EXHIBITION KITCHEN

Friday, March 24, 12:00 – 1:00

Join Chef Tom Barton for tips on how to welcome spring and prepare for all the delights a Farmers Market can offer.

[Click here](#) to register for Xhibition Kitchen.

## FAMILY CARE

[Click here](#) to register for any of the in person Family Care sessions. Use the links below to register for a webinar.

### HEALTHY SUMMERS FOR YOUR KIDS

Thursday, April 6, CSC 333, 12:00 – 1:00

Get some tips and share ideas about how to plan a healthy and safe summer for your kids. Learn about local resources and programs you might have overlooked. Connect with other parents and guardians.

### WEBINAR: SAFE AND STRESS FREE SUMMER FOR YOUR KIDS

Thursday, May 18, [12:00 – 1:00](#) EST, [3:00 -4:00](#), EST

### WEBINAR: SANDWICH GENERATION: STRATEGIES FOR MULTI-GENERATIONAL CAREGIVING

Wednesday, April 19, [12:00 – 1:00](#) EST, and [3:00 – 4:00](#), EST

## MEDITATION AND MINDFULNESS

This four session program, offered in partnership with Blue Cross Blue Shield, enables you to develop a practice of mindfulness and mediation over a three month period. As the sessions build upon each other and include exercises in between, attendance at all four sessions is encouraged.

[Click here](#) to register for all four of the Meditation and Mindfulness sessions.

Session One: Wednesday, March 8, Sacred Space, Ell Hall, 12:00-1:00

Session Two: Wednesday, April 19, Sacred Space, Ell Hall, 12:00-1:00

Session Three: Wednesday, May 17, Sacred Space, Ell Hall, 12:00-1:00

Session Four: Wednesday, June 14, Sacred Space, Ell Hall, 12:00-1:00

## TRY YOGA OR TAI CHI

[Click here](#) to register for any of the Yoga or Tai Chi sessions.

Introduction to Tai Chi led by Ben Warner from Yang's Martial Arts Association of Boston  
Tuesday, April 4, CSC, Dance Studio, 12:00 – 1:00

Introduction to Tai Chi led by Ben Warner from Yang's Martial Arts Association of Boston  
Tuesday, April 11, CSC, Dance Studio, 12:00 – 1:00

Introduction to Yoga led by instructor Linda Wells

Tuesday, April 18, CSC, Dance Studio, 12:00 – 1:00

Introduction to Tai Chi led by Ben Warner from Yang's Martial Arts Association of Boston  
Tuesday, April 25, CSC, Dance Studio, 12:00 – 1:00

Introduction to Yoga led by instructor Linda Wells  
Tuesday, May 2, CSC, Dance Studio, 12:00 – 1:00

# Northeastern University

## *Human Resources Management*