HEALTHY YOU is a collaboration with member colleges of the Boston Consortium for Higher Education to improve the health of faculty and staff and lower the rate of rising health care costs.

HEALTHY YOU consists of a wide-range of resources and programs designed to help faculty and staff understand, improve and maintain every aspect of their health and well-being.

November’s HEALTHY YOU Events

Campus Athletic and Recreation Resources: Tuesday, November 1, 12:00 – 1:00, 342 CSC
Learn about all the facilities—gyms, tracks, personal trainers, classes—available to you on campus

Weight Watchers At Work: Wednesday, November 2, 10:00 – 10:45, 435 CSC
Join with your colleagues at Northeastern who are striving to reach or maintain their desired weight

Enjoying and Handling the Holidays: November 7, 12:00 – 1:00, 435 CSC
Find ways to approach the holidays with less stress and more joy

Weight Watchers At Work: Wednesday, November 9, 10:00 – 10:45, 435 CSC
Join with your colleagues at Northeastern who are striving to reach or maintain their desired weight

Annual Benefits Fair: Tuesday, November 15, 10:00 – 2:00, CSC Ballroom
Attend the Benefits Fair to learn about all the benefits and resources Northeastern offers you

Weight Watchers At Work: Wednesday, November 16, 10:00 – 10:45, 435 CSC
Join with your colleagues at Northeastern who are striving to reach or maintain their desired weight

Weight Watchers At Work: Wednesday, November 23, 10:00 – 10:45, 435 CSC
Join with your colleagues at Northeastern who are striving to reach or maintain their desired weight

Weight Watchers At Work: Wednesday, November 30, 10:00 – 10:45, 435 CSC
Join with your colleagues at Northeastern who are striving to reach or maintain their desired weight