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.

**October’s HEALTHY YOU Events**

*Setting and Reaching Healthy Goals:* Wednesday, October 5, 12:00 – 1:00 442/444 CSC
Learn how to set healthy and realistic goals so that you can accomplish your objectives.

*Weight Watchers At Work:* Wednesday, October 19, 10:00 – 10:45, 435 CSC
Join with your colleagues at Northeastern who are striving to reach or maintain their desired weight.

*Sleep for Health:* Tuesday, October 25, 12:00 – 1:00, Ryder 247
Find out what makes for a good night’s sleep and why it’s so important for your health.

*Weight Watchers At Work:* Wednesday, October 26, 10:00 – 10:45, 435 CSC
Join with your colleagues at Northeastern who are striving to reach or maintain their desired weight.

*Home Buying Workshop:* Wednesday, October 26, 12:00 – 1:30, 342 CSC
Attend a session sponsored by Coldwell Banker that provides an overview of buying a home.

*Investment Strategies:* Wednesday, October 26, 12:00 – 1:00, Egan, Raytheon Amphitheater
Hear a representative from TIAA CREF discuss how to navigate investments in a volatile market.

*Flu Shots:* Monday, October 31, 10:00 – 4:00, Egan, Raytheon Amphitheater
Receive a flu shot and protect your health; available to benefits eligible faculty and staff.