**HEALTHY YOU PROGRAMS AND OPPORTUNITIES**

The *Healthy You* team is pleased to offer you the following catalog of opportunities throughout the fall. Explore a new activity; discover if it interests you!

**INTRODUCTORY CLASSES SPONSORED BY HEALTHY YOU**

To register for one or more of the classes, [click here](#).

**Tuesday, October 4, CSC, Studio A, 11:30 - 12:15 and 12:30 – 1:15**  
**Yoga** instructor Linda Wells will offer two introductory classes

- Wear comfortable clothes; bring a yoga mat or towel.

**Tuesday, October 11, CSC, Studio A, 11:30 - 12:15 and 12:30 – 1:15**  
**Pilates** instructor Jenn Menzer will offer two introductory classes

- Wear comfortable clothes

**Tuesday, October 18, CSC, Studio A, 11:30 - 12:15 and 12:30 – 1:15**  
**Tae Kwon Do** instructor James Walton will offer two introductory classes

- Wear comfortable clothes

**Tuesday, October 25, CSC, Studio A, 11:30 - 12:15 and 12:30 – 1:15**  
**Irish Step Dance** instructor Peggy Doherty will offer two introductory classes

- Wear comfortable clothes

**Thursday, November 17, Sacred Space, 11:30 - 12:15 and 12:30 – 1:15 and Thursday, December 15, Sacred Space, 11:30 - 12:15 and 12:30 – 1:15**  
**Meditation and Mindfulness** instructor Harrison Blum will offer an introduction to different practices. He is known for his creative and interactive approach to mindfulness and meditation.

If you enjoy the classes sponsored by *Healthy You*, we encourage you to take advantage of Northeastern’s [Instructional Programs](#) offered by Campus Recreation (Marino membership
required). If you are a member of one of our health plans, you may be eligible for a $150 fitness reimbursement.

ADDITIONAL FALL OPPORTUNITIES

Wednesday, September 28, 10:00 – 11:00, 435 CSC

WEIGHT WATCHERS AT WORK: Join the information and registration session for the Weight Watchers at Work program which meets every Wednesday. No need to sign up in advance. Spread the word and attend the fall kick-off session.

– Contact Mary Ann Phillips, EEO Manager and ADA Coordinator, for more information
– Members of one of our health plans may be eligible for up to $150 Weight Loss Reimbursement.

Save the Date, Monday, October 24

FLU CLINIC: Northeastern will offer faculty and staff a flu shot at no cost. More information and a registration link will be provided by mid-October.

Survey for Healthy You Virgin Pulse Members!

Northeastern’s Healthy You Virgin Pulse program not only rewards participants for walking but also for participating in online programs sponsored by Virgin Pulse and attending activities sponsored by Healthy You. Participating in the Healthy You Virgin Pulse program enables you to earn up to $100 each quarter, $400 each year.

To help Northeastern and Virgin Pulse enhance the Healthy You program, feedback is important.

Shortly, Virgin Pulse will be sending a survey to some participants. If you receive the survey, we hope you will respond. Your responses will remain anonymous; only aggregate data will be provided to the Healthy You team at Northeastern.

Thank you in advance for your help.