

APRIL 2018

Explore the *Healthy You* options available in April. And, sign-up by April 16 for the Farmers Market which begins on June 6.

FARMERS MARKET

Purchase a farm share from Ward's Berry Farm. The share is available for pick up on Wednesdays, 11:00 – 3:00 at Centennial Common, between Ruggles MBTA station and Shillman Hall.

The generous box is perfect for a family or for several colleagues to share.

FARM SHARE OPTIONS

OPTION 1: Full Season Share, June 6 – October 24, 20 weeks, \$495

OPTION 2: Early Season Share, June 6 - August 15, 10 Weeks, \$260 (No share 7/4)

OPTION 3: Late Season Share, August 22 – October 24, 10 weeks, \$260

To guarantee the costs quoted here, orders for options 1 and 2 must be placed by April 16. The deadline to purchase Option 3 will be in mid-July.

To learn more and sign up, [click here](#).

CLASSES AND WEBINARS

Participants earn *Healthy You* Virgin Pulse points.

– YOGA

Tuesday, April 10, CSC Dance Studio, 12:00 – 1:00

To register, [click here](#).

– TAI CHI

Tuesday, April 24, CSC Dance Studio, 12:00 – 1:00

To register, [click here](#).

- **QUALITY TIME FOR THE TIME-PRESSED FAMILY**
WEBINAR: Wednesday, April 25, 12-1 or 3-4 EDT
To register, [click here](#).

ADDITIONAL RESOURCES

- **APRIL: USE A HEALTHY HABITS CALENDAR!**
Checkout [April's calendar](#), which is filled with simple ways to incorporate healthy habits into your days.
- **BENEFIT FROM WEIGHT WATCHERS AT WORK**
Wednesdays, 10:00 – 11:00, CSC 435
You are welcome to join at any time; the fee can be pro-rated. Please contact [Kate Klepper](#) with questions about the program.
- **EARN UP TO \$100/QUARTER**
The *Healthy You* program enables you to earn up to \$100/quarter, \$400/year by participating in the Virgin Pulse program and meeting critical milestones, which include getting the CDC's recommended number of steps each day, tracking healthy habits and learning more about healthy behaviors. There are many devices you can use to track your steps – including your smart phone. [Learn more](#). Not yet a member? [Enroll now!](#)

Northeastern University
Human Resources Management