



The Center for Human Resources Presents

Adopting a Healthy Lifestyle

What does it mean to be healthy? In this seminar, we'll review behaviors and beliefs that make up a healthy lifestyle, including:



An overview of a healthy lifestyle



The basics of healthy eating



The role of exercise



The power of sleep



How setting and reaching goals empowers us to live well

Join us!

Thursday, January 17th, 2019

12:00pm - 1:00pm

Extended Studies Center Building
Room 403

Please RSVP- space is limited
Send your response to:

Valerie Dowling
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Please feel free to bring your lunch!