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FUN, Family, Food and Fitness related Community Events

***A Spring Wine and Food Pairing***

***Wednesday  
March 12  
5:30 - 7 pm***

**Fosters,  
Common Man Inn,  
Plymouth**

**Registration  
Required/Limited**

[Plymouth State University Community Event Registration](#)

***Every delicious bite is just right!***

**4th Annual  
Taste of the Valley**



Mission *Get Healthy PSU...Take Action!*

**Healthy PSU**

Seeks to promote a culture of positive health by providing leadership, opportunities and support for all PSU employees and their families, encouraging health and wellness in varied ways and thereby building ***healthy people in a healthy place!***

[Welcome Denise Normandin, RDN, LD, Program Manager, Healthy PSU!](#)



March is National Nutrition Month  
Come Enjoy a Taste of Eating Right!

**"TASTING TUESDAYS - SAVOR THE FLAVOR"**

***March 25 @ Union Grille  
11:00 AM - 1:00 PM***

- Learn how to combine taste and nutrition to create healthy meals!
- **Taste sample recipes!**
- Talk with Nutrition Experts!

**Tuesday, March 18  
4:30 - 7:30 pm**

*Prospect Dining Hall  
Early Bird Special  
4:30-5:30 2 for 1*

Featuring delicious local fare and a Theater Sampler from Jean's Playhouse.

[To Purchase Tickets](#)



***Healthy Family  
Mealtimes, Roots  
for a Lifetime***

***Wednesday,  
March 26  
6:00-7:00 pm***

Pease Public Library  
Community Room  
Presented by:  
Denise Normandin,  
Healthy PSU

***Enjoy a taste of  
good  
nutrition while  
gaining valuable  
tips for family  
meals!***

Free offering to PSU  
employees, spouses  
and dependents.

**Pre-registration  
required, limited  
to first 20  
participants**

[Email your name,  
ext. & number of](#)

This program is brought to you by:



**Look for Sodexo's Mindful green apple icon around campus to help guide you to a healthier eating plan and lifestyle.**

RESOURCES:

[Healthy PSU Nutrition Resources](#)

[PSU Dining Services Nutrition](#)

[Gardening tips for starting seeds indoors](#)



## Spring into Action!

Visit our [Healthy PSU website Physical Activity page](#) to view campus walking routes and recreational opportunities to become more active!

## Take a Wellness Break!

Examples:

Go up and down a few flights of stairs!

Walk back and forth in a nearby hallway!

Take the stairs and go outside for a walk around your building!

Do some stretching right at your desk!

### DID YOU KNOW?

Adults should get at least two and a half hours (150 minutes) each week of moderate-intensity physical activity.

[attendees by  
March 19](#)



Saturday,  
March 15 @ 9 am  
[Speare's 5K Website](#)

The Circle Trot



Friends to the Finish  
**Sunday,  
April 13th, 2014**

Plymouth State  
University  
Ice Arena and  
Welcome Center

Registration:  
Now through  
Thursday, April 10th  
[The Circle Trot](#)

Circle Trot Partner:

**Plymouth State**  
UNIVERSITY

Center for Active Living & Healthy Communities

[Center for Active  
Living & Healthy  
Communities](#)



## MINIMIZE COSTS

*"I am getting \$20 just for calling in my Lab! This Tandem is cool!"*

*Joye - A PSU benefited employee*

Take advantage of **Tandem** - a new service where all you have to do is prior to scheduling any outpatient test or procedure, call their toll-free number (1-866-797-4100) and they will find the lowest cost provider/outpatient facility in your area. If you choose this provider, a Tandem nurse will assist you in scheduling/re-scheduling your appointment and even mail you a financial reward for participating in their services. This is a win-win service!

For more information, see their website: [Tandem Care](#)

**SAVE THE DATE: Spring "Healthy Returns" April 22nd!**



## REDUCE STRESS

**"Happiness is a journey, not a destination"**

*- Paul H. Dunn*

**Come Join us for Meditation Mondays!**  
**Frost Commons from 12:15-12:45 PM**

**weightwatchers  
health solutions**

Click for community  
locations for Weight  
Watchers

If you are interested  
in bringing the  
**Weight Watchers  
At Work**  
program back to the  
PSU Campus please  
[email us!](#)

*(a minimum of  
20 participants  
are needed!)*

Do YOU have ideas, a special interest or skill around "wellness" that you would like to share with your fellow employees?

*Do you want to get more involved?*

WE WANT TO HEAR FROM YOU!

[Healthy PSU Website](#)

[Email us: healthy-psu@plymouth.edu](mailto:healthy-psu@plymouth.edu)



## Monthly Recipe:

[Whole Wheat Spaghetti and Spinach Pesto](#)

