Healthy PSU October 2012 Newsletter

HIGHLIGHT EVENT

Healthy Returns & Health Benefits Fair
Oct. 25th @ the HUB

Come and vote on future program options!

Choose from the following options:
- Cooking classes
- Walking programs
- Reiki
- Pilates
- Local food weekly pick-ups
- Yoga

UPCOMING EVENTS

Meditation Mondays
From 12:20-12:45 located in the Frost Commons EVERY Monday from Now until the 10th of Dec. (exceptions for Monday holidays!)

Community Library Series: “Healthy Living Here, Now & Passing It Forward”
Oct. 18th, 25th, Nov. 1st, 8th
4-6 pm @ Pease Public Library

D'Acres Fall CSA
10 Weekly orders of fresh produce, meat & dairy from local farms (mid Oct. – late Dec.)
Contact: 786-2366 or Email: dacres.permaculturefarm@gmail.com

Community Ed. Ballroom Dancing Classes
½ Price for benefited employees
- Beginner Ballroom Dance I (Oct. 17 - Nov. 28)
- Beginner West Coast Swing II (Oct. 31-Dec. 12)

Look for the Healthy PSU Website to launch in mid-October!

QUESTIONS?

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“Healthy People in a Healthy Place”