



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*

February is Heart Health Awareness Month!



FEBRUARY 13
Health PSU Goes Red
Meet in front of the HUB
12:00 Noon

Calling all Faculty, Staff & Students...
HONOR SOMEONE YOU LOVE AND WEAR RED!
We will be gathering for a group photo so wear anything red and bring your "is why" printout and then take a heart-healthy walk with some colleagues.

Everyone has a reason to live a longer and healthier life. What is yours?
Your family, spouse, children, grandchildren, etc.
[Click here](#)

Quick Links

[HEALTHY PSU WEBSITE](#)

[PSU HUMAN RESOURCES](#)

[HARVARD
PILGRIM HEALTHCARE
MyPath2Wellness](#)

[EMPLOYEE ASSISTANCE
PROGRAM-access code USNH](#)

[TANDEM CARE](#)

[CENTER FOR ACTIVE LIVING
AND HEALTHY COMMUNITIES](#)

Spring 2015
[Wellness Engagements](#)
[Calendar](#)
for Faculty and Staff

[Plymouth State University](#)
[Focus 2020-Goal 5](#)

Know Your Blood Pressure Readings
Smoking and Heart Disease
Heart Health Resources for EVERYONE!

SAVE THE DATE:
Tuesday, February 24
LOVE YOUR BODY
Heart Health Awareness/Education
12:00-12:45 ~ HUB 119

BE ACTIVE Resources

Healthy PSU-[Physical Activity Resources](#)

Get ready for the Circle Trot in April



Registration is now open for
The Circle Trot event on April 19
[Event Info](#)

CONTACT US:

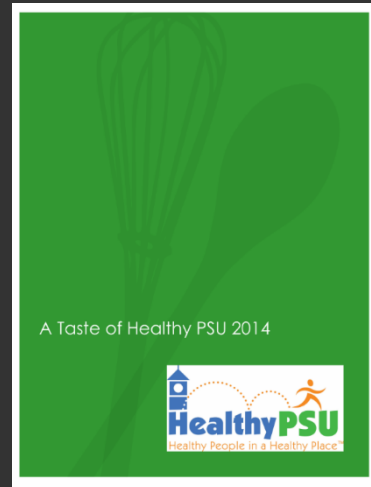
Do you have a photo or story to share?
Are you interested in becoming a wellness champion?

Plymouth State University - Human Resources
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Stay Connected



What's "New" on
myPlymouth:
Healthy PSU Channel



Save the Date:
Wednesday, March
25 12:00-1:00
Healthy PSU
Cookbook Potluck

[How to Participate](#)

[Cookbook Order Form](#)