

## January 2015 Newsletter



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*

### USNH Benefits & Wellness Programs



Welcome back and Happy 2015!

**Start Saving and Get Healthy PSU!** Start the New Year off on your path to wellness and take charge of your health. Visit the [quick links](#) to the right or access [USNH Human Resources health and wellness resources](#) to learn more and save!

**Making Fitness Affordable!** Reminder HPHC participants have a \$500 fitness benefit per calendar year. [For more information and participating health clubs.](#)

**In the News!** The New Hampshire Department of Health & Human Services (DHHS), Division of Public Health Services (DPHS) has funded University System of NH and the Community College System of NH to implement tobacco use policies on their campuses. [Read more.](#)

[DPHS is offering FREE Nicotine Replacement Therapy!](#)

### Take the Healthy PSU Health Culture Audit



#### TAKE SURVEY NOW

Healthy PSU is conducting a Health Culture Audit and needs your feedback for program evaluation and future planning. Thank you for taking a few minutes to complete the survey.

### 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](#)

### Take a Wellness Break!

[Mindful Mondays](#)  
**"Group Meditation" \***  
12:20 - 12:45 pm  
Frost Commons  
\*resumes in February

[Tuesdays & Thursdays](#)  
**"Yoga for All"**  
12:05 - 12:50 pm  
Welcome Center

## REDUCE STRESS Resources

### "Yoga for All"

**starts Tuesday, January 6th!**

Join Certified Yoga Instructor, Katie Comeau at the PSU Welcome Center every Tuesday and Thursday from 12:05 PM - 12:50 PM.



Click here to try [Guided Meditations](#) today right from the comfort of your home or office!

## BE ACTIVE Resources



### Upcoming Designated Sneaker Days

The first Wednesday of each month:

January 7

February 4

March 4

April 1

May 6

**June 3 - PSU Walks NH Campus-wide Walk**

Healthy PSU-[Physical Activity Resources](#)  
HUB Recreation Center- [Group exercise schedule](#)

Need a New Year's Resolution? Get ready for the Circle Trot in April - Watch for the "Couch to 5K Project" coming in February!



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  
17 High St., MSC #14, Plymouth, NH 03264  
Denise Normandin, RD, LD, Program Manager  
Phone: 603-535-2195 or Email [healthy-psu@plymouth.edu](mailto:healthy-psu@plymouth.edu)

### Wellness Wednesdays "Walking4Wellness"

Meet in front of the HUB at 12:00 for a group walk

### "Mindful Menu"

A Mindful menu item featured on Wednesdays at the Union Grille. Use your Flex Cash for 17% discount

### Thursdays

### "Weight Watchers At Work"

Meets weekly at 12:30 pm Silver Center for the Arts, Conf. Room 130.

### Fresh Fridays

### Local Foods Plymouth "Farm to Desk"

Weekly On-campus Delivery

9:30 - 10:30 am

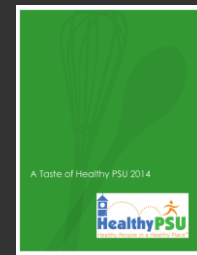
D & M Building ~ 1st floor

### *Plymouth State University* *Focus 2020-Goals*

### *Stay Connected*



What's "New" on myPlymouth:  
[Healthy PSU Channel](#)



**[Cookbook Order Form](#)**