

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



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

QUESTIONS?

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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)

For more information:

<http://www.plymouth.edu/community-education/>

"Healthy People in a Healthy Place"