



Commit to Get Fit at PSU

Join Healthy PSU and the Commit to Get Fit Program Staff

Informational Open-House/Registration:

Frost Commons Lounge

Wednesday May 28th ~ 12:15-12:45 pm

Wellness Coach Tammy Levesque of

Laconia Athletic & Swim Club

Refreshments provided!

Program participants would receive:

- ◆ Individual guidance and support from experienced Wellness Coaches
- ◆ On-campus weekly physical activity/education class on Wednesdays from 5 PM-7 PM for 13-weeks
- ◆ Group support with fellow co-workers
- ◆ Discounted rate for PSU Employees of \$425 (\$150 off) plus payment plan option via EFT
- ◆ Program is eligible for up to \$200 reimbursement under the Harvard Pilgrim Healthcare Wellness Connection Health Education Program for full-time benefited PSU Employees*

* Note: Some limitations apply and you must successfully complete and attend at least 75% of the workshops

Updated program meeting dates June 4-August 27, 2014

For more information:

Denise Normandin, RDN, LD., Program Manager, Healthy PSU
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Or

Renee Boles, LASC Wellness Director at
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