

Husky Fit Spring '14!

Get Healthy at Hawley!



Are you looking to learn more about a healthy lifestyle? Come join us and bring your lunch!

Where: Hawley Armory room 102

When: Mondays, Feb 3-Apr 14, 12:15-1:00 PM

Cost: \$20 for the full series or \$5 per individual session

Series Topics 2014

- 2/03:** Personal Goal Setting/ Tips for Packing a Healthy Lunch
- 2/10:** What is a Calorie and why do Calories Matter?
- 2/17:** A Healthy Heart: How Can the Foods You Eat Affect Your Lipid Profile/
What's the Connection between Sodium and Blood Pressure
- 2/24:** Office Yoga/Meditation Techniques
- 3/03:** Preventing and Managing Type 2 Diabetes
- 3/10:** What is "sitting disease"? Prevent injury by simply moving
- 3/24:** Preparing Healthy Dinners When You Work Full Time
- 3/31:** Hot apps not out of the oven! Turn your phone or iPad into your health buddy!
- 4/07:** Preparing Healthy Desserts/Making Sense of the Dairy Aisle
- 4/14:** Spring Walk!



Drawings for prizes will be held EACH class!

Please pre-register by emailing Janet Rochester at janet.rochester@uconn.edu or Tina Dugdale at tina.dugdale@uconn.edu