

Get ready, get set, go! Join Dean Maureen Becker, School of Health Sciences, for the "kick-off" of a FREE health and wellness program for CSI employees/staff. The "kick-off" breakfast will be held tomorrow Friday, October 16, 2015 in 1-C Park Café at 8:30 am. Get the whole office involved and join Dean Becker at the breakfast kick-off on October 16 where you will learn program details and enjoy a healthy breakfast!

At the breakfast, the Program will be explained and optional baseline measurements can be taken. For those individuals opting to have their baseline measurements taken, a report card will be available where their results are recorded (BP, weight, BMI, flexibility, etc...). These measurements will be taken by Nursing and Physical Therapy Faculty and students from the School of Health Sciences.

The 8-week initiative will begin tomorrow. People can join at any point in the 8-week cycle as the goal is to engage as many CSI employees/staff as possible. During the 8-weeks, a calendar will be in place with weekly events consisting of:

- (1) Educational sessions (once a week)
- (2) Special Physical activity classes (will be announced)
- (3) FREE use of the CSI Sports and Recreation Center (including attendance at any and all classes)
- (4) Walking sessions ( will be held two times a week- Mondays and Thursdays at 12:15 at the track)

The 8-weeks end on Friday, December 11, 2015 with a Grand Finale breakfast where optional final measurements can be obtained.