Health and Wellness Committee [1]

It is the mission of the Health and Wellness Committee to empower system administration by increasing awareness, providing resources, inspiring action and creating a community of support and inclusiveness about health and well-being.

Committee members: Phillip Curry, co-chair; Bethany Highfill, co-chair; Amy Arnold, Kayle Lingo, Sasha Rahmann, Grace Shattuck, and Katie Princo

COVID-19 Narratives is a writing program to help you process stressful experiences. Five weeks, 20-30 minutes per response, confidential. Learn more here. [2]

Some of the activities that the Health and Wellness Committee coordinates are:

- Snack Attacks
- Collaborative Cookbook [3]
- Bike to Work Day [4]
- CU Fitbit Walking Group
- Planksgiving
- CU Cookbook
- Weekly newsletter article

We'd love to hear from you!

Please use the button below to email a comment, question, or suggestion to the Health and Wellness Committee.

Send us your feedback [5]

Source URL: https://www.cu.edu/ssc/health-and-wellness-committee

Links
[1] https://www.cu.edu/ssc/health-and-wellness-committee
[5] mailto:ssc-health-wellness@cu.edu