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.

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

- Snack Attacks
- Collaborative Cookbook [2]
- Bike to Work Day [3]
- CU Fitbitters Walking Group
- Planksgiving
- 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 [4]

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

Links
[1] https://www.cu.edu/ssc/health-and-wellness-committee
[3] https://biketoworkday.us/
[4] mailto:ssc-health-wellness@cu.edu