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:** Katie Princo (Co-Chair), Grace Shattuck (Co-Chair), Jessica Tharp (Co-Chair), Jennifer D'Angelo, Christina Beck, Kristen Parker, Amber McDonnell, Elisha Garza

### Past Committee Highlights

- Snack Attacks
- Collaborative Cookbook
- Bike to Work Day
- CU Fitbiters Walking Group
- Planksgiving
- CU Cookbook
- Weekly newsletter article

Previous events have varied from hosting 14er hikes to hosting a lunch & learn regarding stress management to hosting a virtual cooking class. All events are intended to increase engagement and encourage employees to prioritize their own health and well-being.

**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]

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Links