

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: Bethany Highfill, co-chair; Amy Arnold, 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](#) ^[2]

Current Committee Activities

- Snack Attacks
- [Collaborative Cookbook](#) ^[3]
- [Bike to Work Day](#) ^[4]
- CU Fitbitters Walking Group
- Planksgiving
- CU Cookbook
- Weekly newsletter article

Past Committee Highlights

- Oct 2021: Colfax marathon 5-person relays.
- Sept 2021: Bike to Work Day
- Feb 2021: (virtual), **Healthy Eating at Home**, presented by Cami Woomer, YMCA

nutritionist & life coach. [Slides](#) [5] and [Recipe Ideas](#) [6].

- Nov 2020: Planksgiving
- June 2019: Bike to Work Day

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](#) [7]

Source URL: <https://www.cu.edu/ssc/health-wellness>

Links

[1] <https://www.cu.edu/ssc/health-wellness>

[2] <https://www.cu.edu/redcap.ucdenver.edu/surveys/index.php%3Fs%3DYH4HH8RXY>

[3] <https://www.cu.edu/doc/ssc-cookbookpdf>

[4] <https://biketoworkday.us/>

[5] <https://www.cu.edu/doc/employee-wellnesshealthy-eating-homepdf>

[6] <https://www.cu.edu/doc/cu-employee-recipespdf>

[7] <mailto:ssc-health-wellness@cu.edu>