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, 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 Fitbiters Walking Group
- Planksgiving
- CU Cookbook
- Weekly newsletter article

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**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-wellness

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