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 Fitbiters 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]

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**Links**
[1] https://www.cu.edu/ssc/health-wellness
[2] https://www.cu.edu/redcap.ucdenver.edu/surveys/index.php%3Fs%3DYH4HH8RXDY
[7] mailto:ssc-health-wellness@cu.edu