

## **Health and Wellness Committee** <sup>[1]</sup>



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

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### **Past Committee Highlights**

- Snack Attacks
- [Collaborative Cookbook](#) <sup>[2]</sup>
- [Bike to Work Day](#) <sup>[3]</sup>
- CU Fitbitters 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](#) <sup>[4]</sup>

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

**Links**

[1] <https://www.cu.edu/ssc/health-wellness> [2] <https://www.cu.edu/doc/ssc-cookbookpdf>

[3] <https://biketoworkday.us/> [4] <mailto:ssc-health-wellness@cu.edu>