



MBU Wellness Events February



Date	Time	Event	Location
2017	Self-led	beBetter Health: A Year of Health beBetter Health: Smoking Cessation	beBetter Health Online
Cont.	Self-led	beBetter Health: No Gym, No Problem beBetter Health: Stress Down beBetter Health: Ultimate Plank Challenge	beBetter Health Online
2/28	Self-led	beBetter Health: Rest and Unwind	beBetter Health
2/15/17 closes	Extended	beBetter Health Wellness Survey	beBetter Health Online
1/31 2/7, 14, 21 & 28	Noon to 1 PM	Tools to Dismantle Stress Workshop	Nuthouse and SAC (2/28 only)
2/14	11:30-1	MBU Moms Lunch Group (drop-in)	Hunt West
1/31 & 2/21	8:30-9:15	Living with Loss Small Group	Nuthouse
1/27 & 2/10		Thrive Faculty Book Club	Nuthouse
1/31 & 2/28	8:10-9:10 AM	Living in Support of Others Small Group	Nuthouse
2/1 & 2/15	Noon to 1 PM	HealthyLife Weigh™ Group Meeting	Nuthouse
365 days	24 hr/d	Anthem EAP - Counseling, Budgeting, Managing stress, Identity theft, Grief & loss, Finding child and elder care, Addressing addiction & recovery	800-346-5484 Anthemepap.com