Do you want to add more healthy habits into your routine?

Join us for

Daily Health Habits

This tip session is designed to help you adopt healthy habits and make them part of your daily routine. Participants will learn to:

- Identify ten healthy habits to do each day
- Recognize how small changes to daily habits can impact your health and well-being
- Incorporate changes gradually and build them into a routine
- Set goals and develop an action plan for healthy habits

Main Campus
Wednesday, March 2nd
12:00 noon to 1:00 pm
Howard Gittis Student Center
Room 217A

Health Science Center Campus
Friday, March 4th
12:00 noon to 1:00 pm
Student Faculty Center
4th Floor Auditorium