Husky Fit Spring ’14!
Get Healthy at Hawley!

Are you looking to learn more about a healthy lifestyle? Come join us and bring your lunch!

Where: Hawley Armory room 102

When: Mondays, Feb 3-Apr 14, 12:15-1:00 PM

Cost: $20 for the full series or $5 per individual session

Series Topics 2014
2/03: Personal Goal Setting/ Tips for Packing a Healthy Lunch
2/10: What is a Calorie and why do Calories Matter?
2/17: A Healthy Heart: How Can the Foods You Eat Affect Your Lipid Profile/
       What’s the Connection between Sodium and Blood Pressure
2/24: Office Yoga/Meditation Techniques
3/03: Preventing and Managing Type 2 Diabetes
3/10: What is “sitting disease”? Prevent injury by simply moving
3/24: Preparing Healthy Dinners When You Work Full Time
3/31: Hot apps not out of the oven! Turn your phone or iPad into your health buddy!
4/07: Preparing Healthy Desserts/Making Sense of the Dairy Aisle
4/14: Spring Walk!

Drawings for prizes will be held EACH class!

Please pre-register by emailing Janet Rochester at janet.rochester@uconn.edu or Tina Dugdale at tina.dugdale@uconn.edu