Healthy Happenings at West Lafayette

For more information and to register for offerings, go to www.purdue.edu/worklife and log in.

October

Tuesdays beginning

4: Weight Watchers at Work
   (12-week program)
5: Foam Rolling
5: Parent Roundtable: Living With Your Teenager

Thursdays beginning

6: Chronic Disease Self Management Program
   (6-week program)
6: Roundtable: Co-Dependency: What is it?
11: Cooking with Herbs and Spices
12: Campus Flu Shots
    (appointments available)
12: Progressive Muscle Relaxation

Thursdays beginning

13: Weight Watchers at Work
    (12-week program)
14: Campus Flu Shots
    (appointments available)
19: Aromatherapy
20: Campus Flu Shots
    (appointments available)
20: Cash in the Closet
25: Campus Flu Shots
    (appointments available)
25: Nutrition and the Life Cycle
26: Campus Flu Shots
    (appointments available)
26: Qigong
31: Campus Flu Shots
    (appointments available)