

HEALTHY EI {YOU}

Dear Faculty and Staff at Eastern Illinois University,

Healthy EI {YOU} will kick off on [Thursday](#), November 2, from 5-6 PM in the Lobby at the Student Recreation Center. Please pass this information on to your students. Encourage students to register for the presentations on the [Panther Life App](#) from November 5 to the 9th.

Please mention in class each day, through November 9. Thank you.

Healthy EI {YOU} is an 8-day campaign in November providing interactive hands on education on mental health, physical health, financial literacy and nutrition awareness. This program is a partnership between the Health Education Resource Center, the LIFE Center and the Student Recreation Center.

The presentations and topics are as follows:

- **NOVEMBER 2**
 - 5-6 PM: Healthy EI{YOU} Kickoff!
- **NOVEMBER 5**
 - 1-2 PM: Panther Yoga
 - 2-3 PM: How to Better Fuel Your Workouts
 - 3-4 PM: How to Better Manage Your Time
- **NOVEMBER 6**
 - 5-6 PM: How to Sleep Better
 - 7-8 PM: Nutrition and Fitness Myth Busting
- **NOVEMBER 7**
 - 7-8 PM: How to Buy Healthy Groceries for Less
- **NOVEMBER 8**
 - 7-7:45 PM: Women with Weights
 - 7:45-8:45 PM: Healthy Her: Women's Nutrition
- **NOVEMBER 9**
 - 5-6 PM: Credit Cards, Credit Scores and More

To sign up, students should register for each session they would like to attend on the [Panther Life App](#), **ASAP**. Please encourage students to attend one or any session! We appreciate you taking the time out of your day to advertise better health for your students.

Thanks,
Ally Kuehn
Nutrition Education Coordinator
Health Education Resource Center

herc-nutritioned@eiu.edu
217-581-7786

