

New Year, New U

Make 2016 your best year yet!



Join the Healthier U New Year, New U Health Enhancement Program (February 1 – March 27)

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is a new program designed to empower employees with information that will help them make healthy lifestyle choices and ensure success in their wellness goals.

Here's how it works:

- Register between January 19 – 31 online (*link below*), or by sending an email to **healthieru@stonybrook.edu**
- As a participant, you choose between the *weight management* track, the *optimal wellness* track, or *both*.
- Participants will receive weekly emails loaded with healthy tips, motivational messages and much more!
- All those who successfully complete either track (or *both*) will be entered into a raffle to win some great prizes!



http://www.stonybrook.edu/sb/healthieru/new_year_new_u.html