Thursday, October 5
Noon - 1 p.m.

JCK 460
Avery 365

Health and Wellness Lunch-and-Learn Series:
Creating a Culture of Health at Texas State:
What's in it For You and What's In It for Texas State

Building a Culture of Health is not only good for you, but also for your office. By working in an office where the healthy choice is the easy choice, your health and the health of others around you will improve. As a whole, those in your office will miss fewer days of work and be more productive, morale and collegiality will improve, potentially stressful situations will be less stressful, and so on.

In this session, you will learn what is involved in building a Culture of Health, why building a Culture of Health is important to your health and well-being, and why building a Culture of Health is important to Texas State. You will also learn what part you can play to building a Culture of Health in your office.