

New Year, New U

Make 2018 your best year yet!



Join the Healthier U New Year, New U Health Enhancement Program (January 29 – March 25)

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is an annual 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 ASAP 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 links 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!

