



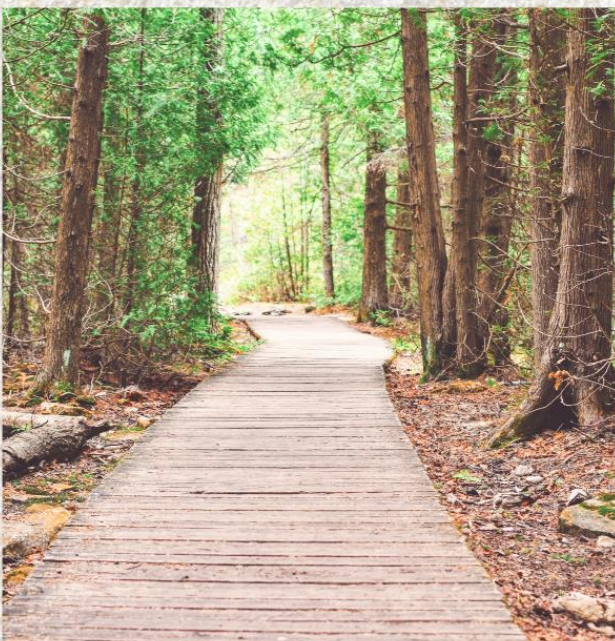
# HEALTH4U SAMPLER SERIES

SIX-WEEK SERIES OF CLASSES  
OFFERED TO UNITS/  
DEPARTMENTS AT MSU

Health4U remains committed to its mission of delivering high-quality, evidence informed programming for the MSU community, even in these unprecedented times. New in Spring 2021, Health4U will be offering an all-virtual 'Sampler Series' to campus units and departments.

The Health4U Sampler Series is designed to provide taste of the classes, programs, and services that are offered by the professional staff of the MSU Health4U program. Example classes include:

- Guided Imagery
- Chair+ Yoga
- Naming and Navigating Ambiguous Loss
- Increasing your Psychological Immune System
- Ergonomics 101
- Rest With Music
- Good Form Walking/Running Clinic
- Focused Eating in a World of Distraction... and more!



For more information, visit our website:  
[health4u.msu.edu/health/services](https://health4u.msu.edu/health/services)

 **HEALTH4U** PROGRAM



Available Spring '21 Semester

# Health and Well-Being Sampler Series

Presented by MSU Health4U



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Visit our website to learn more:

<https://health4u.msu.edu/health/services>

The Health4U Sampler Series is a free departmental service designed to provide MSU employees a taste of the classes, programs, and services that are offered by the professional staff of MSU Health4U. Participating Units will choose six-weeks of course content from a suite of classes in our focus areas of Emotional Wellness, Food & Nutrition, and Movement & Fitness. Example classes include:

- Guided Imagery
- Chair+ Yoga
- Increasing Your Psychological Immune System
- Naming and Navigating Ambiguous Loss
- Ergonomics 101
- Rest With Music
- Good Form Walking/Running Clinic
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