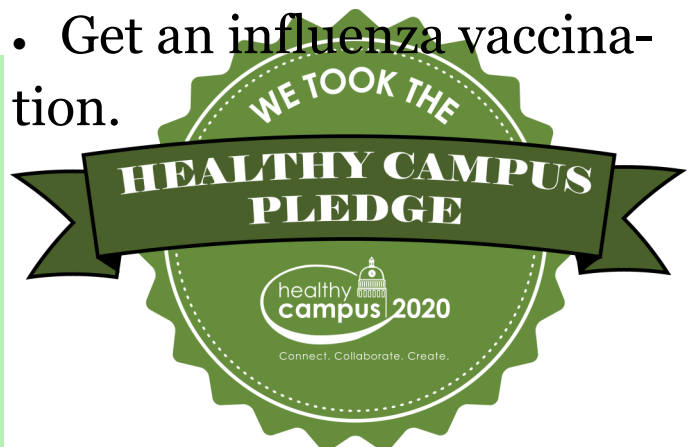


# HEALTHY CAMPUS 2020

To be a recognized Healthy Campus 2020 office on ESU's campus, 75 % of your office staff must complete the fol-

- Participate in a Blood Pressure Screening offered on campus
- Attend a Weight Management workshop offered on campus
- Provide proof of a Blood Cholesterol Screening
- Participate in Healthy Weight Checks once each semester on campus
- Attend at least one WellU Group Fitness class each semester
- Attend a Keep It Moving workshop offered on campus
- Attend an educational workshop on Alcohol, Tobacco, and Other Drugs offered on campus
- Attend a health and wellness related fair on campus

- Get an influenza vaccination.



If you are interested in registering your office for the Healthy Campus Pledge, please contact Jill Harper.

Jill Harper

Director, Campus Rec & Wellness

[jharper@esu.edu](mailto:jharper@esu.edu)

570-422-2977