We heard you!

Current Culture of Health activities for faculty and staff:

• Updated showers on the ground floor
• 15-minute mindful relaxation classes
  • First class today at 12:45PM (MG 2304)
• Stepped Out cards
• Staff resource on the NCIPH website
  • Includes timed maps for a 5-, 10-, and 15-minute walk around the school
Upcoming activities

• 30-minute yoga class, Mondays starting July 6th
• Bike sharing program
• Easy calorie labeling in the Atrium
• Farmer’s Market
• Keep up with new activities via Twitter:
  • @GoHealthUNC