

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

