Wellness at Brown/Wellness Rewards Overview
Is your team taking advantage of all that Wellness at Brown has to offer? Offerings include great onsite programs, fun fitness classes, and even a cash incentive! Learn more in an enjoyable and informative overview, which incorporates questions and prizes!

Wellness Goal Setting
Take the time to think about your long-term health and wellness goals. This class will give you new perspective on working toward wellness, and you’ll leave with written first steps to begin achieving your goals.

Healthy Eating Through the Holidays
The average American consumes approximately 4,500 calories and 229 grams of fat from eating a traditional Thanksgiving dinner. Prepare this season—topics include beverages, buffets, cooking/baking, and even shopping.

The Good, the Bad, and the Ugli Fruit
Maximize the benefits of fruits and veggies by taking a closer look at local favorites and then exploring exotic and unusual produce, such as the mangosteen and paw paw. This talk includes sample recipes; nutrition information/health benefits; and selection, storage, and preparation tips.

Do I Want Fries With That?
In fast food situations, we all know what we should eat, but what do we choose to eat? In this class, explore what these fast food meals can offer with a side-by-side nutrient comparison, so we can look at options differently and determine our personal priorities when eating on the run.

Nutrition Basics – Stop By
This stop-by table comes packed with resources on healthy eating basics: a healthy shopping list, a balanced plate, portion distortion tools, info on the “not so healthy salad,” and more. Designed to be a convenient and quick introduction to nutrition, this table gives you the opportunity to peruse resources and ask questions.
Interested in bringing wellness to your team?
Email: worklife@brown.edu

Please note: Team/department wellness programs are not eligible for Wellness Rewards.