

A New Year's Resolution



- A tradition most common in the Western Hemisphere in which a person resolves to change an undesired trait or behavior, to accomplish a goal or improve their life.
- **Collin College's Cougar Wellness Program** encourages everyone to do all of the above and take advantage of the Free Wellness Activity Classes.
- Increase your knowledge and engage time in the Wellness Program Book Club.
- Make plans to attend the **Health and Safety Fair** for free screenings and mammograms, March 29th, McKinney campus, open to students, faculty, staff and community members.
- Participate in **Go RED** initiative to raise awareness of Heart Disease.
- Join The Wellness Team Challenge, GET FIT
- Visit the Wellness Program website for more information
<http://inside.collin.edu/wellness/index.html>

Have a terrific semester!!

Linda