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MORRISON BRUCE CENTER
JAMES MADISON UNIVERSITY

Fall/Winter 2019 Newsletter

Please enjoy the following Morrison Bruce Center updates and resources. On behalf of our entire Fall 2019 staff, thank you for your participation in our programs and continued support of the MBC. We wish you and your families a happy holiday season!

Women's Health and Wellness Program

The Women's Health and Wellness Program (WHWP) is a two-day event that offers participants the opportunity to engage in health and fitness assessments, wellness seminars, and nutrition and exercise workshops. This year's event was our second annual WHWP and is detailed in the link below.

[Read more...](#)



***Don't Say No to Exercise in
the Snow or Cold!***



Don't let the cooler weather stop you from achieving your fitness goals. Whether it is a run or a daily afternoon walk, don't let the shivers get in the way of your exercise plan by trying a few of these cold-crushing tips!

[Read more...](#)

Dieting is Out, Intuitive Eating is In

It's hard to get through a day without seeing at least one advertisement for a new diet plan that is promising instant results. However, diets can be highly restrictive and associate guilt with certain foods - all of which can lead us to feel as if we have failed when we indulge in a craving. Intuitive eating is a strategy that can help you manage this temptation while promoting healthy eating habits!



[Read more...](#)

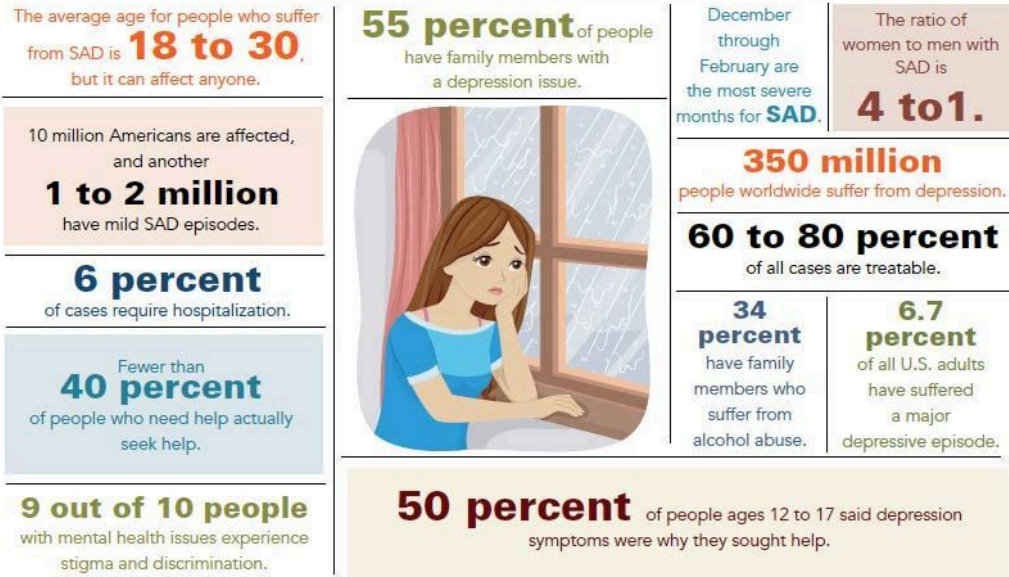


Alumni Highlight

Many of our former staff members have graduated from JMU and have accomplished great things in the field of physical health and wellness. We are honored to share their stories, and this semester we introduce Kristine Sweezey, one of our graduates from the class of 2015.

[Read more...](#)

SAD By the Numbers



[Read more...](#)

www.dbsatuscon.org /



Healthy Beloved Cookie Season!

It can be fun to indulge in the sugary bliss of the holiday season, but we've found a few ways to help hide some extra nutritional value into your classic holiday cookies. Whether it is through adding some extra fiber or substituting vegetable oil for butter, the best aspect of making your own cookies is having the freedom to create your very own recipe.

[Healthy Holiday Cookie Recipe Tips](#)

Coming Spring 2020

Healthy Kids
Girls Have H.E.A.R.T.
Families in Motion
Movin' & Groovin' Day
Barbells & Brunch Mini-Sessions
Older Women's Wellness for Life

Fall 2019 MBC Staff

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