SHARE YOUR #HEALTHYPSU













SLEEP-STRESS MANAGEMENT-NUTRITION-EXERCISE

Hey Penn State! Show us what you are doing to be healthy by uploading photos using #HealthyPSU. Healthy Penn State wants to recognize your healthy choices and your hard work. This is your chance to inspire others and tell a story about the healthy choices Penn State students are making. Get social with us by following us on Instagram, Facebook and Twitter. We can't wait to see all the ways you're being healthy.



University **HealthServices**





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