

## Brand New to Binghamton University: B-Healthy in the Woods Event



'A healthy attitude is contagious' was the concept for the B-Healthy in the Woods event at College-in-the-Woods dining center at Binghamton University. For this resident dining event, Dining Services partnered with multiple campus departments/student groups to meet the President's goal of being the healthiest campus in the country, as well as fulfilling the commitment to a Partnership for a Healthier America (PHA). Most importantly, this event highlighted the plethora of available campus dining and activity options for students.

The ultimate goal was showing students that making the healthy choice can be the easy choice. Dining Services worked closely with the University's B-Healthy Committee, a group dedicated to the campus-wide well-being initiative for individuals and the environment, to ensure that all aspects of wellness were represented by creating interactive and educational stations.

Students were greeted by health and wellness ambassadors and were encouraged to take advantage of the customizable offers, including a Make-Your-Own trail mix bar, a D.I.Y. Vegan Soup station, and a healthy makeover of student favorites. Contributing to the fun atmosphere was a DJ with nutrition trivia, a smoothie bike and hula-hoop troop.

