WEEKLY LINEUP TOPIC

Our Values: Bolder By Design

ADVANCING OUR CULTURE OF HIGH PERFORMANCE

“Winning’s probably the most important thing that shapes people’s lives. All species have hierarchies, and your position in that hierarchy will determine your health, your mental function, your mood.”

Agree or disagree? Jim Kelly, retired Buffalo Bills player, explains the psychology behind winning and why society views it with such heavy emphasis. Read more here.

IS BRACKET CHALLENGE WINNER

LAST NIGHT’S CHAMPIONSHIP GAME WITH THE WISCONSIN BADGERS AND DUKES BLUE DEVILS WRAPPED UP THIS YEAR’S MARCH MADNESS! WHO WILL THE IS BRACKET TROPHY BE PASSED DOWN TO? CLICK HERE FIND OUT!

UPCOMING RHS EVENTS

TOMORROW 4/8:

- PRESIDENT SIMON ENERGY WEBCAST
  10:15AM @ LINCOLN ROOM, KELLOGG CENTER
  DETAILS HERE

- “GROWING CITIES” MOVIE SCREENING
  6-8PM @ MSU UNION
  DETAILS HERE

- VISITING CHEF SERIES – COOKING DEMO
  7PM @ KELLOGG CENTER
  DETAILS HERE; $60/PERSON, TICKETS LIMITED

CLOCKDOWN TO EARTH DAY 2015

20 DAILY TIPS FOR GOING GREENER AT HOME AND WORK, IN PREPARATION FOR EARTH DAY ON APRIL 22ND!

Tip #16: make your own household cleaners! Many of them are water-based with a few added ingredients you already have in your pantry!

Click here for some popular recipes!

Did you know that you begin to lose your bone structure around age 30? That’s why diet and exercise are extremely important to maintain a healthy frame. Decrease your risk of breaks, fractures and osteoporosis with these helpful tips from Gina!