Healthy and Wellness

Tip on Staying Healthy:

Whatever you do – don’t cross your legs. This is an easy, involuntary movement which can lead to all sorts of circulatory and muscular problems as you get older.

Pillars of the Neighborhoods

MSU Moves Me Challenge 2012

MSU Moves is an online movement/fitness tracking system designed to assist participants in maintaining or increasing their activity level through personal and team challenges, and sponsored all-campus challenge events. The Challenge runs from Jan. 23 to March 4. Registration is open until Jan. 19. For more information, please see:

https://ntweb11.ais.msu.edu/uphys_MSUMoves/MSUMovesChallengeOverview.html

Spartan Sports

Women’s Basketball vs. Minnesota
8:00 PM @ Minnesota
Go Green! Go White!

IS Daily Events

IS Staff Meeting
9:00-10:00
IS Training Room 115

HRD Training Class Prep
11:00-12:00
IS Resource Room 131

Action Team Meeting
1:30-2:30
IS Conference Room 130

Weekly PMO Meeting
3:00-4:00
IS Conference Room 130

John Henrickson
We’re glad to have you!!

A Word from the Wise:

When disposing of documents with Credit Information, SSN or A/Z PIDs, a cross-shredder must be used to comply with PCI Security Standards! The new RHS IS Cross-Shredder is located in the mailroom!


East Lansing Weather:

High: 25° Low: 9°
AM Snow

Whatever you do – don’t cross your legs. This is an easy, involuntary movement which can lead to all sorts of circulatory and muscular problems as you get older.

Go Green! Go White!

High School Sports

Women’s Basketball vs. Minnesota
8:00 PM @ Minnesota
Go Green! Go White!