Health4U’s goals are to promote healthy lifestyles by providing opportunities to participate in programs, services, and activities designed to make a positive difference in personal healthy and healthy of the campus community.

Health4U programs/services focus on:
- Emotional Wellness
- Health Consumerism/Self-Care Education
- Movement/Fitness
- Nutrition Matters
- Tobacco Cessation

The soup serves 4-6 people.
2 Tablespoon canola oil
½ cup diced onion
½ cup diced celery
2 garlic cloves, minced
2 Tablespoons ground cumin
2 teaspoon chili powder
¾ cup diced yellow pepper
2 Anaheim chiles, medium diced (with ribs and seeds)
5 cups vegetable broth
2 (15 ounces each) can black beans, drained and rinsed
¾ teaspoon apple cider vinegar
Salt and pepper to taste
2 Tablespoons minced fresh cilantro (optional for garnish)

Heat stock pot over medium heat; add oil, then sauté onions and celery for 5-7 minutes. Add garlic and spices; continue sautéing for an addition minute. Deglaze pot with vegetable stock. Add peppers and let soup simmer for 20-25 minutes until peppers soften. Add black beans and simmer another 10 minutes. Stir in vinegar, taste, and adjust seasoning.

For more great recipes, and new ones monthly click, here.

In honor of Breast Cancer Awareness month Spartans for the Cure will be selling “Go Green Wear Pink” t-shirts Monday- Friday from 10am-4pm at the rock on Farm Lane. Help the Spartans beat “Go Blue Wear Pink” for the 2nd year in a row! T-shirts are $10 and proceeds will go to Susan G. Komen. Join in the fight to beat breast cancer and UofM!!

Effective People Skills Training
Effective People Skills is creating breakthroughs on communication and collaboration across individuals, teams and organizations. It is the foundational development program to build healthy, productive organization where trust and respect are absolute. The Effective People Skills Workshop, offered to RHS team members, will leverage people skills to maximize technical and business outcomes, clarify the difference between difficult and different, offer knowledge on how people are different in four major areas, and more. To register for the training session and to learn more, click here.

The Eli and Edythe Broad Art Museum will be dedicated on Saturday, November 10th during an outdoor public ceremony. The venue will feature contemporary art and major exhibitions. To register to attend this historic event click, here.

On the Banks of the Red Cedar provides online access to documents, images, film, and audio materials related to the history of Michigan State University. This site is open for use by MSU faculty, staff, students, alumni, and the public. Combining collections from the MSU Archives & Historical Collections, the MSU Libraries, the MSU Museum and other departments around campus, On the Banks provides a unified site where anyone can go to search for information about MSU’s history.

Today’s Weather
High: 54° F
Low: 42° F
Mostly Cloudy