

# It's your turn to give us a

# nudge

Pop along for:

- Mini 'half-way' Health MOT
- Tips to help you stay motivated
- Help with Healthy Eating – tell us what you need

## Tuesday 8 May, 12.00pm – 1.30pm

### Butler Hall Meeting room

**Drop in at any time  
and let us know how  
we can make things  
better for you.**

Anyone from Estates is welcome!  
Even if you're not part of nudge –  
come and see what we're about.

Contact Rachel Laanest  
if you have any questions on:

**07736 660511**

**01707 286002 (ext 3002)**

**[r.m.laanest@herts.ac.uk](mailto:r.m.laanest@herts.ac.uk)**

