



## WHAT IS SPARKUNIVERSITY ?

SparkUniversity contains a library of self-guided educational courses that are available to complete at any time. Click on a course you're interested in, read the description, and outline of course days. You can then select "Join This Course" to add to 'My Courses'.

**You'll find a variety of topics; including nutrition, weight loss, exercise, sleep, stress management, mindfulness, and more. This library is always growing!**

**Below are a few examples of courses you'll see:**



### Strength Training 101

⌚ Duration: 9 Days  
📅 Completed: 11/17/2023



### Meal Planning Made Simple

⌚ Duration: 11 Days  
📅 Completed: 01/31/2024



### Taking a Shot at Weight Loss

⌚ Duration: 15 Days



### How to Become a Fierce Advocate for Your Health

⌚ Duration: 5 Days



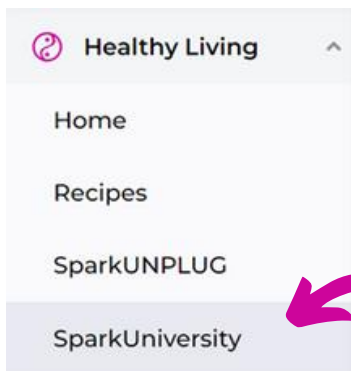
### Are You Ready to Run Your First 5K?

⌚ Duration: 37 Days



### Healthy Summer Habits Challenge

⌚ Duration: 12 Days



**Locate SparkUniversity courses by clicking the 'Healthy Living' tab from the Navigation Menu.**