



## **HNRS 2020 Understanding Health Practices and Behaviors in our Society**

**Your health is one of the most important aspects of who you are. So, why do some people live healthy lives and others don't; and what drives our behaviors to perform healthy actions?**

**This course addresses the interplay between humans as agents of change and choice in determining their health, and the role of the environment and society in shaping or limiting those choices. We examine the multiple influences on health choices and behaviors in the United States and globally. Current health topics are analyzed. Interactive and thought-provoking discussions, activities, and readings are part of this experience!**

**Fall 2021 Meeting: MWF @ 9:30 am**

**For more information, please contact Dr. Janene Grodesky at  
[janenegrodesky@lsu.edu](mailto:janenegrodesky@lsu.edu)**