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Stall Street Journal

Volume 1 Issue 2 October 2008

Website: www.wku.edu/healthservices * Phone number: 745-5033

Counting Calories?
Try these guilt free
options for Halloween Candy!



2 bags of fun size peanut
M & M's: 80 Calories



1 treat box of Milk Duds: 40 calories

1 Tootsie Roll Pop: 60 calories

1 Reese's cup: 80 calories



*www.fitnessstipsforlife.com

Get Your Flu Shot At
WKU Health Services



\$30 or Bill to Insurance!

It's Not Too Late
To Sign Up!



OUR WELLRED

POINT LEADERS ARE...

ALLYSON SNELLEN : 115 Pts

KATHARINE GREENE : 100 Pts

HALLIE PENNINGTON : 80 Pts

SIGN UP AT

www.wku.edu/studentwellness

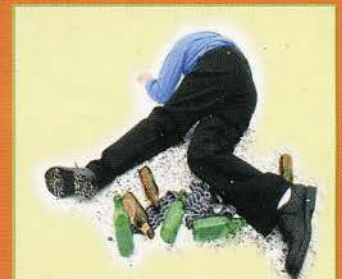
National Collegiate Alcohol Awareness Week Signs of Alcohol Poisoning



- Semi consciousness/
Unconsciousness
- Slow breathing
- Cold, clammy, pale, or bluish skin

What Can you do?

- Position the intoxicated person on
their side to avoid choking
- Stay with the person
until help arrives



36% of
WKU Students
Avoid Drinking
Games.

*NCHA Fall 2006



"BOOZE CLUES" ALCOHOL TIPS

Join Jataun Bester
from
WKU Health Services
as she discusses
alcohol tips.

DUC 340 6-7:00 pm
Oct. 22

Take the
e-CHUG from
Oct. 21-Nov. 22
and WIN BIG!



e-CHUG



#www.brad21.org



www.wku.edu/echug



Eat your Way to a Healthy Smile



- Take Small Bites
- Chew thoroughly
- Eat slowly
- Minimize high carb snacks
- Drink plenty of water
- Chew sugarless gum



www.wku.edu/healthservices

26% of WKU students alternate non-alcoholic beverages with alcoholic beverages



NCHA Data Fall 2006

Sign Up Today!



Sexual Responsibility Week

Feb 10

FREE HIV Testing

9-2:30

I WANT YOU TO GET A HIV TEST



at WKU Health Services

Feb 11

Sex on your CV:
What's your Sexual
Resume
6-7 DUC 340



Feb 13

Sex Feud, Wheel of Fortune,
and Condom Bingo
7:30-11 @ Redz 4th Floor DUC



Healthy Relationships Basics

- ♥ **Respect:** learn about the other person, value what's important to them,
- ♥ **Honesty:** express your thoughts or feelings about what you want (Most challenging to accomplish)
- ♥ **Trust:** means you can count on each other (promises should not be taken lightly)
- ♥ **Communication:** is how we show our respect, honesty and trust



www.smartersex.org

Super Foods for your Heart

***Blueberries:** Help neutralize harmful byproducts of what we eat



***Salmon:** Lowers blood fats linked to heart disease



***Oatmeal:** Helps reduce risk of heart disease



www.webmd.com



Drawing for 26" LCD HDTV w/DVD Player
Coming Soon!!!

Did You Know: Condoms can hold between 2.5 to 7 gallons of water. Caution! Do not flush down the toilet!



Stall Street Journal

Volume 1 Issue 7 April 2009

Website: www.wku.edu/healthservices * Phone Number: 745-5033

"My Body, My Life"- Body Image
Wednesday, April 15, 2009
6:00-7:00pm in DUC 340

Presented by: Betsy Pierce

e-CHUG Winner



Lindsey Williams
26" Flat Screen TV

Free HIV Testing
May 5th @ Health Services
9:00-2:30pm



Stresstivus
is coming!

Wed, April 29th
DUC South Lawn; 11am-4pm
Games, Dunk Booth, Euro Bungee
Bounce Houses, Free Food & more!

Now Accepting
Applications for



Peer Health Educators

www.wku.edu/healthservices/TopperWell



Did you know that
1 out of 20 people
have an extra rib...



Source: www.funshun.com

Exercising for at least 30 minutes a day will help relieve stress.

Foot Health

Flip-flops are not meant for all day wear. They cause you to alter your gait & lead to sore feet, ankles, & legs. If you're walking around all day, choose more supportive shoes.

Make sure to always wear flip-flops when you're walking in a communal bathroom or taking a shower. These are common places for planters warts, a common form of HPV.

Feet tend to swell during the day, so shop for shoes at night because you'll get the best fit that way.



Source: NY Times & American Podiatric Medical Association



How to Survive Spring Allergy Season

Take allergy medicine (i.e., Claritin or Zyrtec) every morning

If your nose remains congested take a long-acting decongestant nose spray for a few days

Take lozenges to soothe your sore throat

Buy eye drops to relieve the redness in your eyes.

Wash your bedding, pajamas, & clothes often to rid them of troublesome allergens during the spring season

Source: www.webmd.com