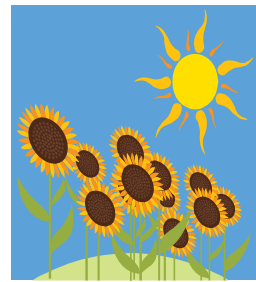




W.A.H.L. News

Wellness Advocates for Healthy Living

September 2009



Brought to you by the Saint Vincent College Wellness Center

Seek a Balance

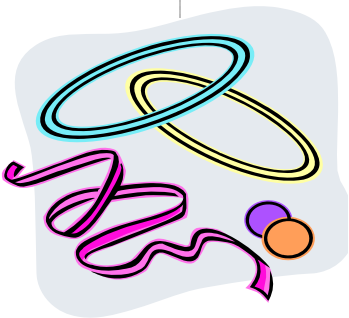
With the new semester starting, it is important for students to keep themselves healthy (mind, body & spirit).

- Balance your interests and activities with your academic responsibilities.
- Maintain a regular sleep pattern.
- Stay connected...with family & old friends as you meet new friends.
- Organize your study habits. Don't get into the habit of cramming or staying up all night long studying.
- Eat a balanced mix of healthy foods.
- Exercise on a regular basis.
- Renew your spirit. Make time for worship, relaxation, walks in nature and serving others.

Skin Care...All Year Long

Too much sun can break down your skin cells, cause wrinkles, brown spots and pre-cancerous lesions.

- * **Apply sunscreen** (all year long) or use a daily moisturizer with SPF 30 (or greater).
- * **Exfoliate**...dead skin cells can build up and make skin blotchy.
- * **Hydrate**...inside and out! Sun, salt water, chlorine and dry winter air can drain the moisture from your skin. Apply a moisturizing cream to your hands, body and feet. Don't overlook the most important step... drink plenty of water each day.



Healthy Living Day

Wednesday, Sept. 23

11:30 am to 1:30 pm

In the Carey Student Center

Meet the Wellness Center Staff

Weight & blood pressure checks

Learn how to develop good sleep habits

Give "hooping" a try (Hula-hooping!)

Healthy snacks, Prizes

Join us at our first program of the year!

DIY Sugar Scrub

Do it yourself...making an exfoliating scrub is simple and inexpensive. Put 1/2 cup sugar into a small container and drizzle with olive oil until the sugar is damp all the way through. To use, rub skin gently with scrub, then rinse off.

Be Proactive...Prevent Illness

1. Cover your nose and mouth with a tissue when you cough or sneeze, and dispose of the tissue after using.
2. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand sanitizers are also effective.
3. Avoid spreading germs by touching your eyes, nose or mouth.
4. Avoid close contact with sick people.
5. Those who are ill should stay home from school or work and limit contact with others to keep from infecting them.

Mark your calendar...Vaccine Clinic...Oct. 1

Thursday, October 1st in the Wellness Center (1:00-7:00 pm)

SVC Community & Students ~ ~ **Flu Vaccine \$22/ Meningitis Vaccine \$140.**

Cash or Check made payable to "Passport Health"



Homesickness is...natural!

You are not alone. It is natural to have a period of adjustment when you leave home. Focus on what you're gaining instead of thinking about what you're missing. Share your feelings (with your roommate, RHD or a Counselor). Get involved, join a club and participate in campus activities. Think about all of the new experiences you will have to share with your family and friends when you return home.

The Wellness Center is open Monday—Friday from 8:30 am to 4:30 am. If you wish to see a nurse, doctor or counselor, please contact our office in person or telephone. Walk-ins will be accommodated only if the schedule permits.

(724) 805-2115 or dial extension 2115

Calm Your Nerves

Looking for a healthy snack? A handful of **sunflower seeds** will take care of your hunger while enhancing your health. Studies have shown that the high content of magnesium can help relax your nerves.



Life-Way Pregnancy & Resource Center

In the Wellness Center
Every Monday from 10:00am—noon

FREE and Confidential

By appointment or walk-in

Ask for "Cristal"

Email: cristal.lifeway1@earthlink.net

www.lifewaypregnancy.org