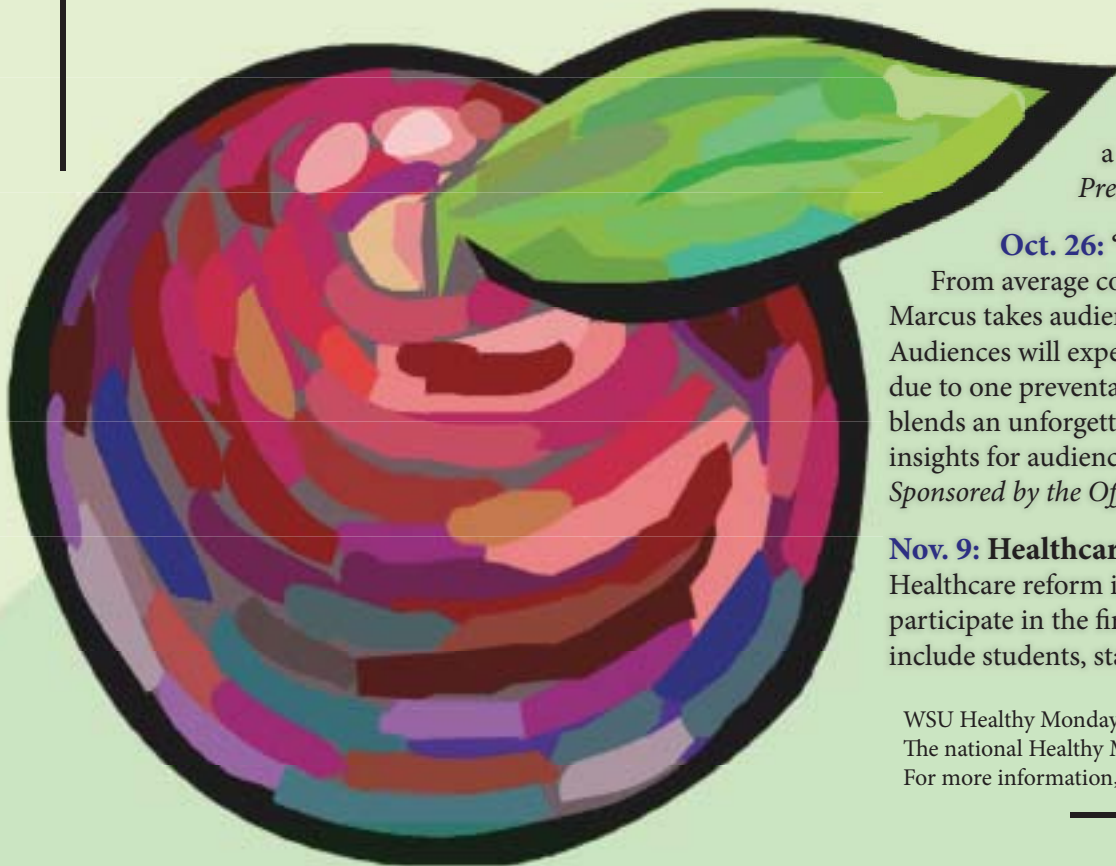


# Healthy Mondays

Healthy Monday events begin at 7 p.m. and will be held in the Purple Rooms 105 and 106 on campus unless otherwise noted.

**Healthy Monday** <sup>SM</sup>

**The Day All Health Breaks Loose**



## **Sept. 14: Stress Busters for Students!**

Just as there are sources of stress, there are many strategies for managing it. This workshop will focus on a variety of ways to prevent, reduce, and cope with the effects of stress on the mind and body.

*Presented by: Wayne Theye, Counselor*

## **Sept. 28: Nutrition for the College Student**

Learning how to eat healthy at college can be tough... particularly when there may be so many foods you can choose from in the cafeteria or your budgets seems to limit you to Ramen noodles. This workshop will focus on principles of healthy eating and provide you with tips, strategies and recipes to put you on the track to creating your own healthy eating plan while on a college budget.

*Presented by: Jill Henscheid, Dietitian*

## **Oct. 12: Sharing Spaces - How to Communicate with a roommate before, during and after a conflict.**

Conflict is a fact of life in any sort of relationship, but it can be especially tricky if the conflict is with the person who shares a living space with you! This workshop will present students with information on how to be a good roommate as well as what to do if they experience a conflict. All information shared is applicable to any sort of relationship - not just with a roommate.

*Presented by: Candice Slaby and Jodi Anderson, Housing & Residential Life*

## **Oct. 26: "In The Blink Of An Eye" by Marcus Engel in East Hall at 7pm**

From average college student one minute, to clinging to life in a hospital bed the next, Marcus takes audiences deep inside his recovery after being blinded by a drunk driver. Audiences will experience the pain, frustration and loss that can happen in an instant, all due to one preventable mistake. Beyond your typical alcohol awareness presentation, Marcus blends an unforgettable prevention message with significant amounts of humor, tips and insights for audiences to use to overcome adversity in their own lives.

*Sponsored by the Office of Inclusion and Diversity.*

## **Nov. 9: Healthcare: Is it a right or a privilege?**

Healthcare reform is a very heated issue throughout the country right now. Come and participate in the first Healthy Mondays debate on healthcare in America. The panel will include students, staff, faculty, and community members. More information to be released.

WSU Healthy Monday's is cosponsored by Health Promotion, Student Health and Counseling Services. The national Healthy Monday's campaign is a project of Columbia University Mailman School of Public Health. For more information, please contact Kelli McClintick at 507.457.5619 or kmclintick@winona.edu