

Health Notes

Striving for a healthy campus community

September 2009

WSU Student Health Services provides an on campus medical clinic for students. The clinic provides the following services:

- Medical examinations and consultations for physicals, illness, injury and other medical concerns
- Laboratory services, Mantoux tests, immunizations, Gardasil
- Allergy injections (students must supply own serum)
- Contraceptive counseling, prescriptions and exams
- Tobacco Cessation Services
- Alcohol and other drug prevention
- Health Promotion, Programming & Materials

WSU Health Services is by appointment only. For more information or appointments call 507.457.5160 or visit us online at www.winona.edu/healthservices.

WSU STUDENT HEALTH SERVICES HOURS

MONDAY - THURSDAY: 7:30 A.M. TO 5 P.M.

FRIDAYS: 7:30 A.M. TO 4 P.M.

Health Services is located at
101 East Wabasha Street.
507.457.5160

Massage Therapy at the Fitness Center!

The Fitness Center is happy to announce that we will have Massage Therapy available beginning Monday August 24. We are continuing our collaborative efforts with Southeast Technical College Massage Therapy program.

The current Massage Therapy schedule is as follows:

Monday	1:30pm-5:30pm
Tuesday	1:30pm-5:30pm
Wednesday	1:00pm-5:00pm
Thursday	1:30pm-5:30pm

If you are interested in receiving a Massage please do the following:


1. Pick up a Massage Certificate located in the WSU book store.
 - a.They are sold at \$10 for a 30 minute massage.
2. Please bring your certificate to the Fitness Center (Wabasha Hall Lower Level) and make an appointment at the front desk.
3. At this point an appointment reminder card will be given to you with all information needed.

Massage Certificates can be purchased for anyone within or outside of the Winona State University community.

**If you have an unused Certificate from last year you may still redeem it.*

Use your E.M.R. Here!!!

Additional care is available at:
Winona Health Urgent Care
 (LOCATED AT 420 SARNIA STREET: 507.474.7830)
Winona Health
 (LOCATED AT 855 MANKATO AVE.: 507.454.3650)



Warrior Nutrition

Welcome back students! While you are planning for student life at WSU, I hope you will take a moment to commit to eating well. Research studies have proven that healthy food choices fuel our body to help us walk, talk, and think. Benefits of good nutrition for the WSU student include:

- Increased energy
- Better immune function
- Retention of information
- Improved sleep patterns


While you may feel overwhelmed at times, taking a few moments each day to plan for healthy food choices will reap you health rewards long after you leave the WSU community. Here are some upcoming events that focus on nutrition and the college student:

CLASP Series: September 2, 2009 at 7:00p.m. in purple rooms
Food, Life: One Woman's Story Jill Henscheid RD, CD, CLS
Is My Lunch Causing Global Warming? Nancy Jensen MS, RD

Healthy Mondays: September 28, 2009 at 7:00p.m.
Nutrition for the College Student

The E-Nutrition Newsletter is also available to any WSU student. This is a bi-monthly email that provides current nutrition information. If you would like to receive this please email me at jhenscheid@winona.edu.


Need advice on how to put healthy nutrition principles into practice? Make an appointment with the Registered Dietitian at WSU Student Health Services - Call 507.457.5160



Trouble deciding on a major or career that fits? Consider coming to the Counseling Center for some career counseling assistance!

Students can meet with a counselor or counselor-in-training to discuss the career decision-making process and to take the Strong Interest Inventory, an assessment that matches their interests to specific careers and majors. Students can also get connected to the DISCOVER career exploration program.

Stop in at the Counseling Center (220 Wabasha Hall) or call 457-5330 to make an appointment.



Healthy Monday

The Day All Health Breaks Loose

Healthy Mondays September 2009 Schedule
 Healthy Monday events begin at 7 p.m. and will be held in the Purple Rooms 105 and 106 on campus unless otherwise noted.

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

