

WELL READ

Each month two books from the Health Education library in the Student Health Center will be reviewed.

The following are a few of the new books that we will be reviewing:

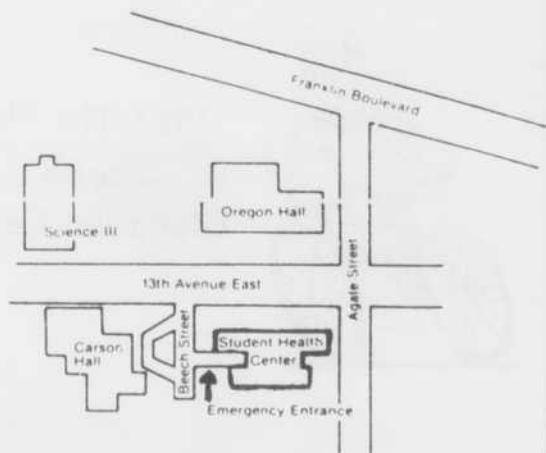
The Cinderella Complex

Eat Well, Get Well, Stay Well

Anatomy of an Illness

Depression and the Body

Energize!



EAT WELL

Watch for wholesome recipes each month in Well Now.

nutrition notes

Bob Hackman, Ph.D., Nutrition Professor, will answer your nutrition questions. Please mail any questions you have to:

Bob Hackman
Health Education
Eslinger Hall
Univ. of OR
Eugene, OR 97403

STUDENT HEALTH CENTER HOURS

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By Appointment:

Mon - Fri.....8:00 am - 4:30 pm

No Appointment Necessary:

Sat.....8:00 am -11:30 am

Urgent Care:

Sat - Sun.....12 noon - 8:00 pm

Mon - Fri.....4:30 pm - 8:00 pm

WELL NOW...

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