

WELL READ

STUDENT HEALTH CENTER HOURS

By Appointment:

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

No Appointment Necessary:

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

Urgent Care:

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

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

UO STUDENT HEALTH CENTER FLU VACCINATION

WHEN: Every Wednesday, Thursday, and Friday
8:00 - 9:00 a.m.

COST: Student: \$2.50
Faculty: \$3.50

Annual flu immunizations are recommended for people with increased risk of complications from lower respiratory infections, including:

1. Persons 65 years or older.
2. Persons with any of the following: heart disease, compromised lung functions, chronic kidney disease, diabetes, chronic severe anemia, and conditions which compromise immune mechanisms.

For more information call the Student Health Center at 686-4441.

The Diabetic's Total Health Book

by June Biermann and Barbara Toohey

This book focuses on learning to concentrate on your health rather than your disease. Includes latest breakthroughs in day-to-day diabetes care: home blood sugar testing; high-carbohydrate, high-fiber diet; stress reduction: lifestyle changing. Working in partnership with your doctor for a strong body is also emphasized.

Are You Ready To Quit Smoking?

by Linda Bryson

This book offers principles and techniques for changing any number of undesirable health behaviors. In a friendly, positive manner, Linda Bryson invites the reader to take responsibility for health decisions and choices. Bryson's book is about the alternatives to smoking - living, loving and laughing.

Dangers of Smoking/Benefits of Quitting

by American Cancer Society

An up-to-date summary of the key scientific and medical studies, plus new information on economics, psychology, pharmacology and other aspects of tobacco smoking and health.

HERPES DISCUSSION GROUP

Friday November 12 10:30 a.m.

STUDENT HEALTH CENTER

A physician, psychologist and nurse practitioner will participate in a discussion of the medical and psychological impact of HERPES.

- Everyone Welcome -

WELL NOW...

Published Monthly

Editor: Cynthia Kane

STUDENT HEALTH CENTER

University of Oregon

Eugene, OR 97403

1-503-686-4441