

Peer Health Advising
We can help you...



Peer health advisers are students helping students. They have been trained to help you develop and maintain a healthy lifestyle. Peer Health Advisers specialize in the following areas:

- STRESS MANAGEMENT
- EXERCISE PRESCRIPTION
- STOP SMOKING
- WEIGHT CONTROL
- DRUGS and ALCOHOL
- BIRTH CONTROL INFO.
- EATING DISORDERS
- SPORTS NUTRITION

Call: 686-4458
for an appointment—NO FEE

Lifestyle Planning Program
University of Oregon Student Health Center.

NATIVE AMERICAN STUDENTS:

A Health Assessment Project has been designed for you at the Student Health Center starting this spring. Susan Meredith, a Native American Registered Nurse and graduate student in Community Health Education will be contacting you.

For more information you can leave your phone number with Amy or Steve at the Student Health Center Peer Health Advising Office, or Susan will pick it up at the Native American Student Union.

We would like 100% participation!

Poison Prevention

Poison prevention is everyone's responsibility. Many everyday products, cleaning supplies, cosmetics, and prescription drugs are poisonous if used incorrectly. Children are the most susceptible to being victims of our carelessness.

Some useful hints to "poison-proof" your home and belongings are:

- Keep household products and medicines out of the reach of children and locked up when not in use.
- When you use household products or medicines, don't let them out of your sight, even for a minute.
- Store all medicines separately from household products.
- Keep items in their original containers.
- Leave original labels on all products, and read the label before using.
- Always leave the light on when giving or taking medicines.
- Avoid taking medicines in front of children since youngsters often try to imitate grown-ups.
- Refer to medicines as "medicine," not candy.
- Clean out the medicine cabinet periodically, and safely dispose of unneeded medicines.
- Use safety packaging properly. Close the container securely after use.

Having a party?

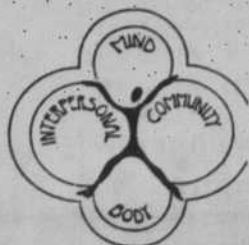


**Include non-alcoholic drinks;
It's the thoughtful thing to do.**

For unusual non-alcoholic recipes and other party ideas write box 841 Madison
Washington 98701
National Association on Alcoholism & Other Drug Abuse, Inc. State Bureau of Alcohol & Other Drug Abuse
Treatment Clinics/Programs for Alcohol & Other Drug Abuse

Self - Health '85:

A CRISIS PREVENTION CONFERENCE



Thank you all participants
for making Self Health '85
a tremendous success!!!