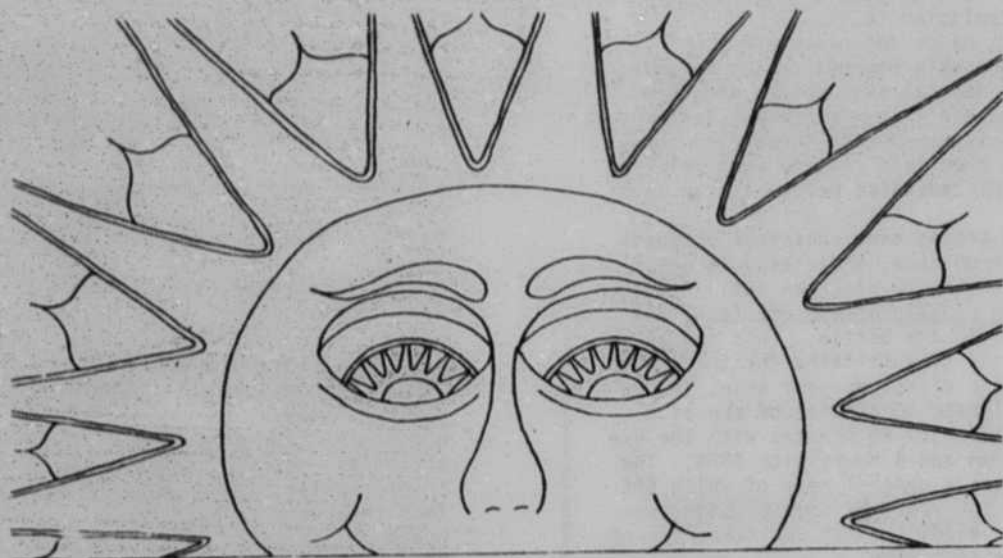


WELL NOW

A Student Health Center Newsletter



HOW TO HAVE A HEALTHY, HAPPY SUMMER

Lifestyle Planning Program 84/5

With summer's approach and the end of school in sight, all of us have been enjoying more sun, more outdoor activities and eating and drinking a lot more different things. Indeed, our whole physical and mental attitude can change with the onset of summer.

In this our final issue of Well Now for the school year, the Lifestyle Planning Program provides a few hints and ideas to help you enjoy a healthy and happy summer!