

WELL NOW

A Student Health Center Newsletter

WINTER TERM 1986



BEATING THE WINTER BLUES

Are you feeling the winter term blues? Could you "just scream" if you see another raindrop? Are midterms upon you before you get a chance to open the texts? And where, oh where, is spring break?

Well instead of reaching for that bag of potato chips to drown your winter term blahs, reach for this Well Now. Inside you'll find lots of ideas and suggestions to help you make these winter term months a time of increased, not decreased, well being!

GO FOR IT!