

WELL NOW

A Student Health Center Newsletter

SPRING CLEANING



Spring in Eugene can be the most enjoyable time of the year. The sun is out (hopefully), there's more daylight, and you can finally stop wearing that heavy winter coat.

Spring can also be a time when you may want to initiate lifestyle changes by developing better health habits.

Well right here on campus is a program that can help you get started on that exercise, diet or stop smoking program you've been wanting to start.

The Lifestyle Planning Program at the Student Health Center has a dedicated group of Peer Health Advisors who can help you design a program based on your needs and interests.

And in this issue of the Well Now, our Peer Health Advisors provide some suggestions and ideas to help you make the most of Spring!

