

Lifestyle Planning Program

Information on health topics will be available at a table in the EMU main lobby on Wednesday April 30 from 9:30-2:30. Peer Health Advisors will be available to answer questions. Stop on by!

WELL READ

Womancare by Lynda Madaras and Jane Patterson, MD

A complete reference guide to women's health that offers a full range of information, treatments, and alternatives allowing a woman to make decisions regarding her body with which she will be most comfortable. Discusses gynecological and breast self-exams, PMS, birth control, toxic shock syndrome, herpes and other STD's, cystic breast disease, and much more.

Excerpt: "There are whole shelves of gynecologist-talks-to-the-laywoman books, but the majority of these books provide only the most superficial, Mickey Mouse sort of explanations of gynecological problems. None are of much use in helping a woman navigate her way through the medical marketplace for even the best of them had a basic fault: They failed to inform women about their options and alternatives."

The LEARN Program for Weight Control by Kelly Brownell, Ph.D.

A practical (and sometimes humorous!) workbook style approach to weight reduction. The LEARN approach integrates five components: Lifestyle, Exercise, Attitudes, Relationships, and Nutrition into a multifaceted, step-by-step process that is easy to read and positive.

Excerpt: "When you lose weight on this program, only one person deserves credit. I would be happy to claim credit, but I deserve no more than Rand McNally does when you use their Atlas to drive from one city to the next. It supplies the possible routes, and may even suggest the best, but you chose the route and you determine whether you reach your destination."

BOTH BOOKS ARE AVAILABLE AT THE HEALTH EDUCATION CENTER

Nutrition Counseling



As we all know, student life can take a hard toll on our diets! Unbalanced meals, late night snacking, lack of exercise and stress can have a great influence on our health and overall wellbeing.

If you have concerns about:

- *weight management
- *diet and exercise
- *stress and nutrition
- *general nutrition information

come in and visit the nutritionist at the Student Health Center. All 30 minute counseling sessions are free for students.

We'll help you design a program especially tailored to meet your lifestyle and to achieve your optimal health.

Call 686-4441 for an appointment with Paula Staight, Nutritionist.

Upper Division UNDERGRADUATES AND GRADUATES... APPLICATIONS FOR PEER HEALTH ADVISOR

POSITIONS
NOW BEING ACCEPTED
fall 1986

GAIN EXPERIENCE IN...

- HEALTH COUNSELING
- PROMOTING WELLNESS
- PROGRAM PLANNING

DEADLINE FOR APPLICATIONS JUNE 1



FOR MORE INFORMATION PLEASE CALL AMY VERSDALE OR CAROL BOONAN

686-4441

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University of Oregon Student Health Center