

USE YOUR STUDENT HEALTH CENTER

Your Student Health Center - sponsor of **WELL NOW** - offers health and medical care services to all fully registered students at the U of OR. We encourage you to utilize our services and save yourself (or your parents) lots of money on your health care needs.

Hours of Service

Regular Clinic (M-F)	8:00AM - 4:30 PM
Saturday Clinic	8:00AM - Noon
Urgent Care (M-Sat)	8:00AM - 8:00PM
Sunday Urgent Care	Noon - 8:00PM



ASK DR. WELLNESS

If you have any questions regarding health, that you'd like to ask, just write your question on a slip of paper (no names necessary), and put it in the 'Dr. Wellness' Question Box located just outside the Health Education Center (in the Student Health Center). Or send to: 'Dr. Wellness', Lifestyle Planning Program, University of Oregon, Eugene, OR 97403. Answers will be printed as space permits.



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the great

american
smokeout
Nov. 21

AMERICAN
CANCER
SOCIETY

STUDENTS • FACULTY • STAFF

Flu Vaccination

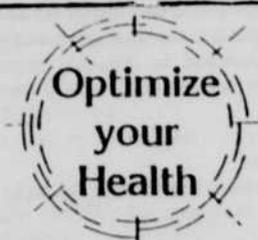
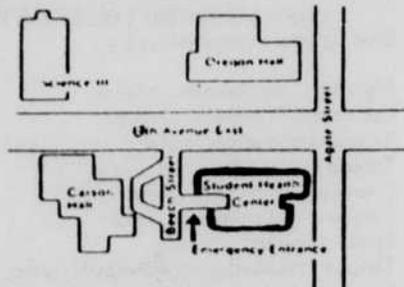
Influenza vaccinations will be given at the Student Health Center every Wednesday, Thursday, and Friday from 8:00 a.m. to 9:00 a.m., beginning October 15 and continuing until the end of Fall term. Only one injection is needed for persons age 35 and older. Two injections may be required for persons under age 35.

Students \$2.50
Faculty and Staff \$3.50

Annual flu immunizations are recommended for the following:

1. Persons with increased risk of complication from lower respiratory infections.
2. Persons 65 years or older.
3. Persons with any of the following: heart disease, compromised lung functions, chronic kidney disease, diabetes, chronic severe anemia, and conditions which compromise immune mechanisms.

For more information, call the Student Health Center at (686)-4441



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	(Diane, Linda)
*STOP SMOKING	(Gaston)
*NUTRITION	(Bev)
*FITNESS EXERCISE	(Ingunn)
*WEIGHT ISSUES	(Bev)
*BIRTH CONTROL INFORMATION	(Linda)
*DRUGS AND ALCOHOL	(Estelle, Gaston)

Call: 686-4456
for an appointment—NO FEE

LIFESTYLE PLANNING PROGRAM
UNIVERSITY OF OREGON STUDENT HEALTH CENTER

HEALTH EDUCATION

CENTER HOURS:

MON: 9:30-4:30
TUES: 8:30-2:30
WED: 8:30-2:30
THUR: 8:30-2:30
FRI: 9:30-11:30

WELL NOW...

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EDITORS: KATE SCHUYLER
LIZ GOEKE
JEFF THOMAS

STUDENT HEALTH CENTER
UNIVERSITY OF OREGON
EUGENE, OR 97403
1-503-686-4401