

WELL NOW

A Student Health Center Newsletter



JUST SAY NO!

There may be more to it than just saying no... In this issue of the WELL NOW we'll take a look at some of the different kinds of "addictions" and obsessions people face when dealing not only with alcohol and drugs, but food and exercise as well. We'll also offer some helpful information and resources with which to change your habits and overcome your problems. The Lifestyle PLanning Program's services, and the Nutrition and Substance Abuse counseling at the Student Health Center are available to you free of charge. Come see us or call for an appointment for Peer Health Advisors at 686-4456. Counseling appointments are made through the Front Desk or by calling 686-4441. Have a great Thanksgiving!

The Lifestyle Planning Program Coordinators