

SPRING CLEANING

May 19 - 21

EMU, Century Room A

All presentations are held from 12:30 - 1:30

Tuesday: The Facts on Fat

Beth Gaiser, Nutrition/Compulsive Behaviors Peer Health Advisor.

Wednesday: Media and the Portrayal of Women

Krisitin Dunkleberg, Fitness/Weight Loss Peer Health Advisor

Alicia Sloan, Eating Disorders Peer Health Advisor

Thursday: Releasing Your Relaxation Response.

Rob Willis, Stress Management Peer Health Advisor.

Peer Health Advising

We can help you...

Optimize
your
Health

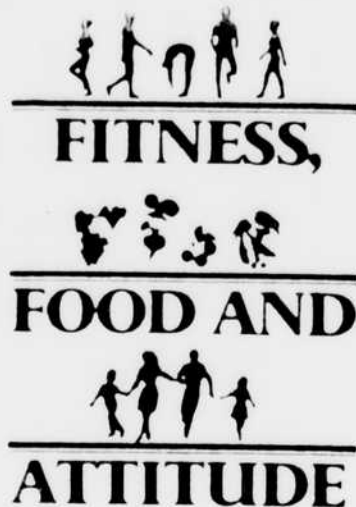
Peer health advisers are students helping students. They have been trained to help you develop and maintain a healthy lifestyle. Peer Health Advisers specialize in the following areas:

- STRESS MANAGEMENT
- STOP SMOKING
- DRUGS and ALCOHOL
- EATING DISORDERS
- EXERCISE PRESCRIPTION
- WEIGHT CONTROL
- BIRTH CONTROL INFO.
- SPORTS NUTRITION

Call: X 4456

for an appointment—NO FEE

Lifestyle Planning Program
University of Oregon Student Health Center



MAKING CHANGES IN THE RIGHT DIRECTION

Have you been thinking about making some changes for some time? Losing weight? Quitting smoking? Drinking less? Knowing where you are at the outset of the "new you" may provide valuable insight into areas of your personal health which need special attention.

The Lifestyle Planning Program offers health risk appraisals, questionnaires designed to help you evaluate your present state of health. This questionnaire asks a variety of questions pertaining to family history of disease, life satisfaction, number of drinks per week, average miles driven per year, etc. These answers are then fed into a computer which compares you to the national average for your age and suggests where you are and where you should be.

To fill out an H.R.A., stop by the Health Education Center in the Student Health Center. Results take up to a week to "compute." When you pick them up, a Peer Health Advisor will help you interpret the results.

A health risk appraisal is a statistical estimate, not an absolute given. Nonetheless, HRAs are a perfect way to kick off spring with healthier steps in the right direction.

Beth Gaiser

Nutrition/Compulsive Behaviors Peer Health Advisor