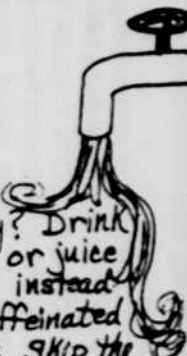



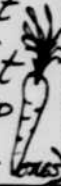



# Healthy Hints for you last two weeks...

MON June 1	TUES June 2	WED June 3	THURS June 4	FRI June 5
 <p>Thirsty? Drink water or juice today instead of caffeinated drinks. Skip the coffee, tea and colas.</p>	<p>Concerned about a specific health problem? Come see us in the Health Education Center, (inside the Student Health Center) we've got pamphlets on lots of subjects.</p>	 <p>Nose in the books all day? Take a break and walk briskly around the block; around the campus (around the dam); Walk fast, breath deep.</p>	<p>Playing Softball or Volleyball in the hot sun? Avoid alcoholic drinks - they act as diuretics (make you lose more water than normal) when you've already lost a lot of water thru sweating. Drink water or juice instead.</p>	<p>Considering an intimate evening? Practice Safe Sex by using condoms - (they're effective protection from the AIDS virus.)</p>
MON June 8	TUES June 9	WED June 10	THURS June 11	FRI June 12
<p>Feeling Stressed? Take 10-15 mins., close your eyes, clear your mind, sit somewhere comfortable, breath deep.</p>	 <p>Tanning between finals? Be sure to use a good sunscreen.</p> 	<p>Have the munchies? Grab a carrot or apple for your midnight snack. (Skip the M&amp;M's over the peanut ones)</p> 	 <p>Pulling an all-nighter? Try to fit a day time nap into your schedule.</p>	<p>Last day of finals!</p> <p>It's OVER! Have a safe, Healthy and FUN Summer!</p>