

Health Education Program

University Health Center Free Services

WORKSHOPS

The following workshops are offered most terms and are designed to help you make positive health changes. Call 346-4456 for more information.

Smoking Cessation

Weight Management

Low fat or Vegetarian Cooking



INDIVIDUAL HEALTH COUNSELING

Peer and Staff Health Educators can address your specific health concerns and assist you in making health promoting changes in your life. Call us at 346-4456 to schedule an appointment.



IS IT TIME FOR A NAP?

Too many calories? Not enough calcium or iron? Let us help you find the answers. If you are concerned and/or curious about the nutrient breakdown of your diet then NAP is for you. The Health Education Program now offers a FREE Nutrition Analysis Program to all registered students. Simply pick up an application at the Health Education room.



TOTAL CHOLESTEROL SCREENING

Every Tuesday from 9:30-11:30 a.m. you can get free total cholesterol screening. Simply check in at the Health Education room on the first floor of the Health Center.



LENDING LIBRARY

Excellent books, cassettes and videos are available for loan to U of O students from the Health Education room in the Health Center. There you will also find health related newsletters, articles, and pamphlets. Just stop by.



GUEST SPEAKERS AND PRESENTATIONS

Peer Health Educators and Health Center Staff are available to speak to your organization on any of the listed health issues as well as others. Call us for details.



Topics Addressed:

HIV/AIDS, Nutrition, Alcohol, Sexuality, Smoking, Cholesterol, Eating Disorders, Fitness, Stress, Relationships, Weight Management

**Health Education Program
at the Health Center
346-4456**

Visit us at our web site: darkwing.uoregon.edu/~uoshc

NEWS BRIEFS

OSA releases survey on student loans

The Oregon Student Association cited an overwhelming student reliance on loans in the results of their Student Opinion Survey, entitled "Back to School UN-SALE," Sept. 2. The survey included 428 students from all Oregon University System campuses.

"The Oregon Need Grant currently covers only 11 percent of educational costs," said ASUO President Geneva Wortman.

At an EMU Amphitheater press conference, OSA student officials also released statistics contending that OUS faculty compensation is in need of a dramatic increase.

"With some salaries [more than] \$16,000 below the national average, Oregon universities have a difficult time recruiting new faculty members," said an OSA fact sheet.

The disproportionate amount of student borrowing and the low standing of OUS faculty compensation will hamper the economy of Oregon as a whole, OSA officials said.

Art professor wins award in New York

A University artist's design received one of only seven awards presented at a national exhibit in New York.

Leon Johnson, an assistant professor of fine arts, won the Columbus College of Art and Design Award for Technologically Integrated Media at the 41st Annual Exhibition of the Chautauqua Center for the Visual Arts. The \$300 award is presented to art works that use technology as an artistic medium.

Johnson's award-winning diptych pairs a black and white self-portrait with a color saturated image of a man wearing lace pants. The images were scanned and manipulated through a computer to produce an ink jet print.

Johnson says the design was sought to create a dialogue about the truth and fantasy of the roles men engage in and to elicit suspicion of these supposed irreconcilable images.

Twenty-seven artists were finally selected to exhibit 83 works in the juried show.



Need help selecting a major? finding a career? planning 4 years of courses? sharpening your study skills?

Take a 1 credit Discover Oregon course and tour an interesting academic topic in a small group with a faculty member who can give you regular advice.

Discover:

- The Arts, CRN 15762
- Women and Electoral Politics in Oregon, CRN 15781
- What's Happening in Science, CRN 15766
- Inside Musical Instruments, CRN 15778
- Social Science Perspectives on Income Inequality, Crime, & Gender, CRN 15775
- The News, CRN 15779
- Humans and the Natural Environment, CRN 15771
- Sports, Games, and Shows in the Ancient World, CRN 15767
- New Frontiers in Child and Adolescent Psychology and Education, CRN 15780
- Research in Exercise and Movement Science, CRN 15768
- The Humanities, CRN 15770
- What's Private? What's Public?, CRN 15763
- Twentieth-Century Science, CRN 15782
- A World of Literature, CRN 15769
- Exploring the Musical Arts, CRN 15777
- The Growing Interdependence of Our World, CRN 15773
- The Science and Politics of Earthquakes, CRN 15772
- Language and its Relation to Society, CRN 15776
- Social Science Perspectives on Human and Cultural Origins, CRN 15774
- The Universal Machine, CRN 15764
- "Hot" Issues in the "Cold" North, CRN 15765

Open to ALL freshman students, regardless of interest

DISCOVER OREGON PROGRAM
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An equal-opportunity, affirmative-action institution committed to cultural diversity and compliance with the Americans with Disabilities Act.