

UHC workshops

The following workshops are available, free of charge, to currently enrolled U of O students. Watch for ads in the Oregon Daily Emerald for more info.

SMOKING CESSATION

Mondays, 4:00 - 5:00 p.m.
April 17 - May 22
Medical Library, University Health Center

Quit smoking this term and celebrate life as a non-smoker. This five week workshop is open to those who want to quit and those who have already quit and want additional support. Identify triggers to smoke, learn to overcome urges, adopt alternative behaviors, and address fears about possible weight gain.



WEIGHT MANAGEMENT

Thursdays, 4:00 - 5:00p.m.
April 20 - May 25
Medical Library, University Health Center

Tired of riding the dieting rollercoaster? Then this is the workshop for you! This six-week interactive workshop will assist participants in making lifelong behavior changes. Food and nutrition, exercise, body image, relapse prevention and low-fat cooking will be addressed.

VEGETARIAN COOKING

Tuesdays, 4:00 - 5:30 p.m.
April 18 - May 9
Cafeteria, University Health Center

Expand the variety in your kitchen. Learn how to integrate different grains, vegetables & other ingredients into your cooking practice.



NUTRITION SUPPLEMENTS

Wednesdays, 4:00 - 5:00 p.m.
May 3 & 10
Rec Center Conference Room

The pros and cons of usage. Do you need them and will they enhance your performance.

To register for or to learn more about these workshops, check out the University Health Center's NEW Web site at healthed.uoregon.edu. You can also call **346-4456** or stop by the Peer Health Education Office on the first floor of the University Health Center.

WELLNOW SURVEY

Spring 2000

We'd like to hear from you!

We're always looking to provide you with the health information you want. Please take the time to fill out this survey and return to the Peer Health Office in the Health Center. Or you can fill it out online at healthed.uoregon.edu!

WIN A PRIZE! If you're among the first to reply you could win **Bookstore Gift Certificates or T-Shirts!**

Check as many boxes as apply for all questions

Why did you read WellNow?

- Waiting for bus
- Something to read while eating
- Interested in health issues
- Always read what's in the ODE (Emerald)
- Before class starts
- My friends wrote article(s)

Your experience: _____

Which articles did you read in this issue?

- Boost your performance
- Stressing out over alcohol
- You snooze, you win
- Avoid the dieting blues
- How will you react?
- Spring (and smoke) is in the air
- Carbohydrates for exercise

What other types of health issues would you like to read about?

- Pets & Healing
- Men's Health
- Questions Too Afraid to Ask Your Dr.
- Fad Diets
- Food Biotechnology
- Outdoor Activities Around Eugene
- Date Rape Drugs
- Antioxidants
- Disease Prevention & Diet
- Maximizing Workouts
- Breast Health
- Headache/Migraine Treatment
- Lesbian, Gay, Bisexual, Transgender (LGBT) Health Issues
- Alternative Health Practices

Your suggestion: _____

How would you rate WellNow on the following:

1 = Poor 2 = Average 3 = Excellent

- Readability 1 2 3 4 5
- Informativeness 1 2 3 4 5
- Usefulness 1 2 3 4 5
- Visual Layout 1 2 3 4 5

How would you improve WellNow?

- More articles
- More in-depth information
- More pictures/diagrams
- More introductory information
- More diverse topics
- Advice column
- Articles written by experts
- Fewer pictures/diagrams

Your suggestion: _____

We'd like some demographic information (optional):

Age: _____ Gender: _____ Ethnicity: _____

Do you live: on-campus off-campus

Are you a(n): International Student? Yes No

Student Faculty Staff

Fresh. Soph. Jr. Sr. Grad

Well Now is written by peer educators at the Health Education Program (HEP), UO Health Center.

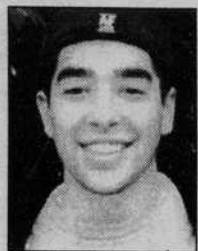
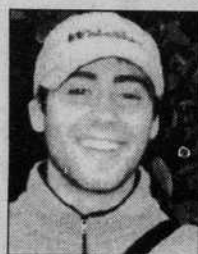
Have you heard of the HEP? Yes No

If you would like more information about being a peer or the HEP please include your e-mail address: _____

We would like to do group interviews with students in order to ensure our programs and services suit your needs. (Food will be provided.)

Are you interested in participating? Yes No

Please include your e-mail address if did not already do so above: please include your e-mail address: _____



Spring 2000 Peer Health Educators

Peer Advisors: Colin Anderson, Brooke Johnson, Nate Klein, Heidi Krier, Adam Mougey, Jennifer Youngblood.

Photos: Carrie Lacey Krietz Adviser: Stacey Howe

WellNow is published each term, except summer, for UO students by the Health Education Department of the Health Center, 13th and Agate Streets, University of Oregon. <http://healthcenter.uoregon.edu>

health hi-lights

Health Hi-Lights, Spring 2000
Free HIV Testing, Spring Term
Do you know your HIV status?

Beginning in April, for a limited time, the Health Center will be providing free HIV testing for students. Just present a coupon at the time of your appointment and you'll receive the free HIV test. Coupons will be available at the PHE office and in the Daily Emerald. Help spread the information, not the infection. Call 346-2770 for more information.

Men's Health Week, April 10-16, 2000

Mark your calendars for these upcoming events:

Monday, April 10th, 7:00 p.m. EWU Ballroom

Will Courtney from Men's Health Consulting in Berkeley, CA will be exploring health issues faced by today's college men and the cultural factors that prevent them from making good health choices.

Saturday and Sunday April 15-16th

Seminar on Men's Health Issues through SAPP (Substance Abuse Prevention Program). This is two-credit seminar helps students learn about physical and emotional health issues that apply to college men and how to live healthfully in a society where being male often means jeopardizing health. Call the SAPP office to register (456-4155).