

University Health Center

Health Promotion Opportunities



RELAX & RENEW

Free six week series designed to develop and strengthen your meditation practice for relaxation and mental clarity. Wednesdays 4:30 pm - 5:30 pm, October 15th - November 19th. Call 346-4456 to register.



YOU ARE WHAT YOU EAT...FREE NUTRITIONAL ANALYSIS

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 are available for loan to UO 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.



TOBACCO CESSATION SUPPORT

Meet with a peer health educator to discuss strategies to become tobacco free. Nicotine gum, patches and Quit Kits free to all registered students. Call 346-4456 to set up an appointment with a peer educator to discuss options.



BLOOD PRESSURE REDUCTION PROGRAM

New blood pressure standards warrant students taking a closer look at diet and exercise. Meet with a peer educator to learn more. Call 346-4456 for an appointment.

Topics Addressed:

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

Health Education Program

346-4456



UNIVERSITY OF OREGON
HEALTH CENTER

Visit our calendar for program offerings:
<http://healthed.uoregon.edu/calendar/> or call 346-4456

ASUO represents, serves students

The student government's seven branches represent student interests and deal with allocating funding

By Jared Paben
News Reporter

The Associated Students of the University of Oregon has a lot of jobs. As the recognized student government, it's the official voice of students on campus, carrying with it large responsibilities.

To deal with those duties, ASUO is split into seven different branches: the Programs Finance Committee, the ASUO Executive, the Student Senate, the Constitutional Court, the Athletic Department Finance Committee, the EMU Board and the Associated Students Presidential Advisory Council.

The Executive, headed this year by ASUO President Maddy Melton and ASUO Vice President Eddy Morales, is in charge of representing student concerns and grievances, ASUO Spokeswoman Taraneh Foster said.

"I really think that the ASUO really provides a voice for students outside of the campus community," Melton said. "I'd also say that the ASUO really provides a voice for students within the campus community. We participate in a lot of conversations that not every student has time to participate in."

She added that the ASUO Executive gives students an opportunity to develop their leadership skills and provides a good leadership model.

As the voice of students, ASUO is responsible for lobbying the state and federal governments on behalf of students.

"My job focuses on advocating for students for affordability and access to higher education," Legislative Associate Gabe Kjos said. "I like to consider any job that advocated for students pretty important. This job is a lot more student-oriented, and focuses on issues that affect every student."

One of the ASUO Executive's other jobs is to organize and manage events on campus, such as the fall and spring street fairs, which function as fundraisers for the Executive; Weaving New Beginnings, a forum for students, faculty and staff of color; a public safety forum in which Department of Public Safety representatives discuss the state of campus safety; the Earth Day celebration; voter registration campaigns and other celebrations.

ASUO also carries a large fiscal responsibility: It is charged with distributing some of the \$8 million in incidental fees collected annually from students. That's where the Programs Finance Committee comes in. Its job is to fund all of the approximately 90 ASUO programs.

The EMU Board's task is similar to the PFC's. It takes the money that the Student Senate allocates to it and distributes it to different parts of the EMU. In addition to managing the EMU's operating budget and dispersing funds, the board manages the

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Welcome to the UO, where the environment is our home.



Join us in keeping UO Housing green.

Use recycling areas, reduce your waste and conserve precious resources.

For more information, call 346-0929.
Sponsored by UO Recycling.



Use wisely, help conserve UO.