



Manchester
University

Issue 120
August 2012

Toilet Talk

Welcome Back!

Hello again to everybody and Welcome all first years!!! I hope you are all ready to get the 2012-2013 school year under way! Here are a few tips to get your semester started off right!

- Pick up blank schedules and note cards from the success center located in Upper Union to help stay organized.
- Utilize study tables! Stay on top of assignments and tests so you won't stress out later!
- Try to fit in some physical activity for at least 30 minutes a day.

Toilet Talk

Toilet Talk is written by the peer health educator in Health Services. This year's toilet talk will be written by Elli Ray. She is a junior and is majoring in bio-chem. If you have any suggestions of health related topics you would like to see in the upcoming issues please email Elli at HealthServices@manchester.edu

Don't Miss

Matt Bellace - Comedian, VIA credit
Monday, September 17th 7 pm
Cordier Auditorium
"How to Get High Naturally"

Wellness Services

Health and Counseling Services (Wellness Services) are located on the 1st floor of Calvin Ulrey. (We've moved down the hall - check out our new space.) A registered nurse and student health assistants are available for minor illnesses and injuries without charge for all students. A licensed counselor is also available.

Office hours:

Monday - Friday 8 am - 12 pm and 1 pm - 5 pm by appointment.

Call 260-982-5306 to make an appointment.

Student Health Assistants are on call during **non-office hours** and may be reached by calling 260-902-3123.

Important Dates

August 28th - Opening Convocation - 3pm, Cordier

August 29th - First day of classes

August 30th - Worship Service - 3:30 pm, Petersime Chapel

August 30th - Activities Fair - 5 pm - 6:30 pm
Sign up for clubs and activities!

August 31st through Sept. 3rd - MAC Kickoff weekend

September 3rd - Labor Day - Classes still in session

September 12th - Ticketing begins for parking decal violations

September 14th - Students may change rooms 9 am to 5 pm

Brought to you by Wellness Services - August 2012
Questions? Comments? Please e-mail HealthServices@manchester.edu