



Toilet Talk

Welcome Back!

Hello again to everybody and Welcome to all first-years! I hope you are all ready to get the 2014-2015 school year under way! Here are a few tips to get your semester started off right!

- To help stay organized, pick up blank schedules and note cards from the Success Center located in the Upper Union.
- Utilize study tables in the Success Center! 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 Maranda Partin. She is a junior and is majoring in Chemistry and Secondary Education. If you have any suggestions of health related topics you would like to see in the upcoming issues, please email suggestions to HealthServices@manchester.edu

**You are never too old
to set another goal or
to dream a new dream.**

-C.S. Lewis

Wellness Services

Health and Counseling Services (Wellness Services) are located on the 1st floor of Calvin Ulrey. 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.

Nurse availability (by appointment only):

Monday-Friday, 9 am - 12 pm and 1 pm - 4 pm

Call 260-982-5306 or e-mail

Healthservices@manchester.edu to schedule an appointment.

Student Health Assistants are on call during **non-office hours** and may be reached by calling 260-901-3123.

Some Important Dates

August 26 - Opening convocation, 3 pm, Cordier

August 27 - First day of classes

August 28 - Activities Fair 5-6:30 in Upper Union, JYS Center

August 29 and 30- MAC Kick off

September 1 - Labor Day - Classes are still in session.

September 12 - Room change day from 9-4

Brought to you by Wellness Services - September 2014

Questions? Comments? Please e-mail HealthServices@manchester.edu