

Stay Well, Manchester College!!

Issue 24



Toilet Talk

Walk-a-thon April 1st- 15th

Ready to take on a challenge? Want to win some cool prizes by focusing on your health and wellness through fitness walking?? Well, this is your chance!! Beginning on April 1 through the 15th MC Health Services is focusing on your fitness by allowing you to challenge yourself, friends, another resident hall, another campus club or organization, or faculty/staff member in walking the distance to a healthier, happier, more fit you! Studies show that walking can reduce the risk of coronary heart disease and stroke, lower blood pressure, reduce high cholesterol, reduce body fat, and help prevent osteoporosis, in addition to helping your mental well being. So...What are you waiting for??? Simply keep track of the total amount of time spent walking or running throughout the month of April and submit the total amount of time you walked each week by emailing Health Services at healthservice@manchester.edu Please submit all totals by April 16th to be eligible for individual prizes. Have fun and get walking!!!!



7 Weeks of Hard Work Left – Make a weekly Mental Health Plan

Sunday-Relax. Try meditating or going for a nice walk. Quiet reflection can improve your state of mind and give you time away from a hectic schedule (even if it's only 15 minutes).

Monday– Make a plan of the tasks you need to complete for the week and plan when and how to do them.

Tuesday– Surround yourself with supportive people. Make plans with friends and family.

Wednesday– Take care of your body. Although this should be a priority throughout the week, concentrate today. Be sure to eat nutritious meals, drink plenty of water, get enough sleep, exercise regularly, avoid cigarettes, and if you drink alcohol, drink in moderation.

Thursday– Give of yourself. Volunteer. You'll feel good about helping someone in need and it's a great way to meet new people.

Friday-Broaden your horizons. Explore a new hobby, try a new restaurant, take dance lessons, learn to speak another language, say hi to someone you do not know.

Saturday– Value yourself. Treat yourself with kindness and respect, avoid self-criticism. Focus on your good qualities and accomplishments. Take some time every day to relax, reflect, rejuvenate, and laugh.

HIV Testing

April 12 and 26
from 10 am-2 pm

Science Center
Room 102

Brought to you by
AIDS Taskforce

Free and Confidential

Test taken by mouth
swab

The Dating Game

Mon. April 2nd
Wampler at 8 pm

Psych Society Mtg.

Guest speaker:
Ryan Yoder,
Graduate Student
from Ohio Univ.
April 10th
From 9 pm-10 pm
Helman Great Room

Housing Renewal Dates

April 15 4 pm-10pm
April 16 4 pm-9 pm