



Stay Well, Manchester College!!

Issue 32



# Toilet Talk

## HEALTH FAIR: A WELLNESS EXTRAVAGANZA

The Manchester College Health Fair will be on October 23, 2007 from 7 am—11 am in the PERC Arena. The Health Fair is for all students, faculty, staff and retirees of Manchester College. You may be asking yourself, why should I attend the Health Fair? The Health Fair provides several health services for free or for a nominal fee! The fee is significantly less than what you would have to pay visiting your doctor. The PERC Arena will be full of booths including the following:

“Thank Goodness I’m Fit” Wellness Program (TGIF)  
Height, Weight, and Blood Pressure Measurements

Body Fat Composition

Vision Screening

Flu Vaccine (\$13)

Demonstration on Breast and Testicular Self-Exams

Information on Skin and Breast Cancer

Hemograms, Complete Blood Count (\$8)

Prostate Cancer Tester (\$20)

CRP (Vascular Problem Testing) (\$20)

Thyroid Testing (\$20)

Chem 17 (includes Cholesterol and Triglyceride Testing) (\$17)

Diet Information

Flexibility Screening

Massage Therapy

And much, much more!

**\*Door Prizes will be given out throughout the day!\***

Preventative care is vital in the resident halls, since we live in such close quarters. Health Services is providing a flu vaccine for \$13, and the flu vaccines are available now in Health Services. Call x5306 for an appointment



Don't Smash that Pumpkin, Eat it instead...

The autumn season, Halloween and Thanksgiving are just not the same without pumpkins. Instead of smashing pumpkins and potentially ruining autumnal decorations, you should consider the health benefits of eating pumpkins.

Pumpkins are rich in vitamin C. Healthy, regular doses of vitamin C boosts your immune system. Pumpkin seeds contain unsaturated fatty acids, zinc, and other vitamins and minerals. Mixing pumpkin seeds with soy milk is also a great remedy for digestive tract problems. Besides, jack-o-lanterns look so cool!