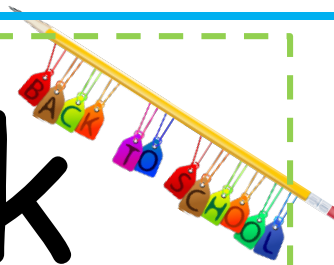


Toilet Talk



Manchester University

September 2015

Issue 169

Welcome New Students & Returners!

Hello again to returners and welcome to all first-years! We hope you all have had a fantastic, healthful summer break! Are you ready to get the 2015 – 2016 school year started?? 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 Jo Young Switzer Center.
- ❖ Utilize study tables in the Success Center to stay on top of assignments and tests! You won't regret it.
- ❖ Start the semester off with some physical fitness! Try and incorporate at least 30 minutes of exercise into your daily schedule and begin some good habits this semester!
- ❖ Organize your residence hall room and desk space to promote a positive studying environment!

Wellness Services

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

Counselors are available for any emotional or mental health needs you may have (this includes homesickness). *Make an appointment by calling [260-982-5306](tel:260-982-5306).*

A registered nurse and student health assistants are available for minor illnesses and injuries without charge for all students.

Nurse Availability

Monday — Friday, 7:30 am — 12 pm & 1 pm — 4 pm

Call [260-982-5306](tel:260-982-5306) or 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](tel:260-901-3123).

Mark Your Calendar!

August 25th – Opening Convo at 3 pm in Cordier

August 26th – Classes Begin!

August 28th – Glow Rage Party at 9 pm

August 29th Bubble Soccer & Bumper Cars 1-4pm
Text Wars 8:08 pm in Cordier

September 4th – Laser Tag 6-9 pm

September 5th – Movie on the Mall at 9:30 pm

September 7th – Labor Day: Classes are still in session

September 21st - Solo Cup Culture: Minimizing the Risks of an Alcohol-Soaked Campus Climate at 7 pm in Cordier - VIA credit

“Learning is the only thing the mind never exhausts, never fears, and never regrets.”

- Leonardo Davinci

Brought to you by Wellness Services! ☺

Questions? Comments? Contact us at HealthServices@manchester.edu