

# Tiger Health 101



Student Health and Counseling Services Newsletter

September 2017

Be In The Know!

## WE ARE BACK!

Whether you are new to campus or back for the start of your next year... we hope you are just as excited as we are about being back! The TIGER HEALTH 101 (Formerly Tiger Scoop) has been a staple on campus for your health education needs and news and we are back and better than ever!

**If you want to see something in the future issue, let us know!**

## NEED SUPPORT?

The University Counseling Center is on the 2nd floor of Wilder Tower (#214). Visits are CONFIDENTIAL and FREE.  
Phone: 901-678-2068

[www.memphis.edu/counseling](http://www.memphis.edu/counseling)

## NEED HEALTH CARE?

The University Hudson Health Center is the place to be when you aren't feeling well.

Visits to the Health Center are  
**CONFIDENTIAL, FREE, & NO APPOINTMENT NEEDED!**

Phone: 901.678.2287

[www.memphis.edu/health](http://www.memphis.edu/health)

## STRESSED?

Our Brand-new Relaxation Zone will be opened on September 30<sup>th</sup> (soft opening on the 15<sup>th</sup>)

## HAVE A QUESTION?

## WANT TO BE INVOLVED IN STUDENT WELLNESS ADVISORY BOARD?

Ask YOUR Health Educator! [lluul@memphis.edu](mailto:lluul@memphis.edu) Phone: 901.678.2287

## SAVE THE DATE

Student Health Fair- Mind, Body, Spirit Expo: Wednesday October 11, 10AM – 2PM, Student Activities Plaza

Flu Shots: 10/11 (at Health Fair), 10/26, 11/2, 11/14, 11/29, and 01/18

**FREE HIV Testing:** Every Friday 10 AM to 1PM at UC Iris (338) – EXCEPT SEPT 1 & SEPT 8 AT UC ROOM 208