**NOVEMBER CALENDAR**

1. **FAMILY WEEKEND**
   - PICNIC, 1-3 on the QUAD by the Bistro, ACS
2. **FLU SHOTS**, 4-5:30, VJ Lobby, $14
4. **Psychology Club Movie Night**, 7;30, HPAC
5. **TIGERS SUPPORTING HEROES Bake Sale**, 11:30-1, CU Bistro
6. **HOMECOMING MEMPHIS vs NAVY**, Liberty Bowl, tba
8. **HEALTH EDUCATION - Blood Pressure and BMI readings**, 10:30-1, Bistro
9. **THE GREAT AMERICAN SMOKEOUT**, Kick the habit today!
10. **COLLEGE CARE PACKAGE FUNDRAISER**, 11:30 - 1 CU Bistro, CAB, TIGERS SUPPORTING HEROES
11. **DE-STRESS with MASSAGES**, 11-2 CU BISTRO, CAB
12. **THANKSGIVING BREAK**, Enjoy in moderation!

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**Condoms and Drinking**

Drinking any alcohol can negatively affect your judgement, resulting in poor decision making. The more you drink the more you are likely to take risks you wouldn't normally take. One common example of poor decision making is having unprotected sex. You may forget the importance of using a condom or even forget proper use. According to the CDC, the use of condoms can significantly reduce the spread of sexually transmitted diseases. Condoms protect you from STD's, HIV and pregnancy.

**When it comes to condoms, an ounce of prevention could save you from a lifetime of regret.**

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**WHAT is the most common cancer in the 15 to 35 age group?** Testicular cancer. It affects about 8,430 men in the US yearly. Fortunately 90% of men with testicular cancer are cured and most do not have long lasting effects on sexual functioning or ability to have children. Men, learn what is normal for you and check yourself monthly. The testicles should be firm, smooth and egg shaped. If there is a lump, hardness or swelling, be checked by a health care provider.

To prevent cancers avoid tobacco, eat more fruits and veggies and be physically active.

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**90% of UofM students believe it is easy to make friends without drinking alcohol.**

2014 CORE Survey of 1274 UoM students

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**Help us be Tobacco Free!**

[memphis.edu/tobacco](memphis.edu/tobacco)

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READ TIGER SCOOPS ONLINE AT MEMPHIS.EDU/TIGERSCOOP

Brought to you by your Student Health Center

Questions? Email jdefouw@memphis.edu

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