

Tiger Scoop



WE LOVE OUR TIGERS!

OCTOBER CALENDAR

- 1 **Discover Your Major Day**, 10-4, UC Ball Room
Health Professions Fair, 10-4, UC 340
- 2 **Free, Oral HIV Testing** 10-1 in UC 338
- 6 **TIGER BLUE GOES GREEN** Sustainability Fair, 10 - 2 by the fountain
- 7 **STUDENT HEALTH FAIR:** Mind, Body & Spirit, 10 - 2 by the fountain
- 9 **Free, Oral HIV Testing** 10-1 in UC 208
- 14 **Nutrition INFO table** 10-1 UC Lobby
- 16 **Free, Oral HIV Testing** 10-1 in UC 338
- 20 **Breast Cancer INFO table** 10-1 UC Lobby
- 23 **Free, Oral HIV Testing** 10-1 in UC 338
- 30 **Free, Oral HIV Testing** 10-1 in UC 338

STUDENT HEALTH FAIR

mind + body + spirit

Join us on October 7 from 10 - 2 on the Student Activities Plaza, (by the fountain) to celebrate our 14th annual SHF!

Run/Walk/Wheel in the FALL FUN RUN at 7 am.

Preregister - Student Health Center or at khinton3@memphis.edu OR arrive at 6:30am to register. The run begins at 7 am from the fountain.

This event will help you become acquainted with the resources on campus and in the surrounding community which can help you improve or maintain your health and well-being. On-campus and off-campus exhibitors will have information and freebies for you.

Join us in Zumba, Yoga, or bootcamp!

Food is free for visiting our exhibits!

STUDENT health101™

ENTER TO WIN \$1,000 each month!!!

OCTOBER ARTICLES

Sleep cycles
Sexual assault & alcohol
Get outdoors
Spirituality & resilience
Academic culture shock
Quiz: Are you social or nocial?
UCookbook: The new nachos
FitnessU: Core fitness
BetterU: Mind your mind

Text MEMPHIS to 40691
for weekly updates from Student Health 101

MIDDAY MOVES IS B-A-A-ACK!!!

Join us Mondays and Thursdays at 12:30 on the MALL in front of the UC for 20-30 minutes of exercise and fun!

DID YOU KNOW?

80% of us believe that drinking alcohol does not make anyone sexier.

81% of us report we drink 3 or FEWER drinks in a typical week.

* 2014 CORE Alcohol and Other Drug Survey of 1274 U of M students.

FLU SHOTS

It's that time of year to get your flu shot! Be protected during flu season.

10/7 Student Health Fair
10/20 UC Lobby
11/2 UC Lobby
11/4 Law School
11/17 UC Lobby

BCBS, Cigna, Aetna, or Medicare accepted. Bring your insurance card. Or pay \$22 with Cash, Check, or Credit.

Help us be Tobacco Free!

memphis.edu/tobacco

READ TIGER SCOOPS ONLINE AT MEMPHIS.EDU/TIGERSCOOP

Brought to you by your Student Health Center

Questions? Email jdefouw@memphis.edu

 /UofMStudentHealth

A Tennessee Board of Regents Institution + An Equal Opportunity Affirmative Action University

