

Tiger Scoop

WELCOME TO UofM!

SEPTEMBER CALENDAR

- 4 **Free, Oral HIV Testing**
10-1 in UC 338
- 8 **Free BMI & Blood Pressure Screenings**, LSON students
10 - 1 in UC Lobby, CRIS, Adm Bldg Atrium, outside Tiger Den and WT Lobby.
- 9 **What's on your plate?** Learn to make healthy choices.
10 - 1 UC Lobby.
- 11 **Free, Oral HIV Testing**
10-1 in UC 208
- 18 **Free, Oral HIV Testing**
10-1 in UC 338
- 22 **What's your SPF?** (Sexual Protection Factor) 10 - 1 UC Lobby
- 25 **Free, Oral HIV Testing**
10-1 in UC 338

Wellness, Health & Fitness on Campus

COUNSELING CENTER
M-F 8 - 7
memphis.edu/counseling/

STUDENT HEALTH CENTER
M-F 8 - 4:30
memphis.edu/health/

STUDENT RECREATION CENTER
M-TR 6:30 - 11
F 6:30-10 Sa 9-6 Su 1-6
memphis.edu/cris/

ALWAYS THINK FIRST!

Do you know how much time it takes to change your life forever?

About 3 seconds!

Think before you get in the driver's seat.

Think before you pick up the phone while driving.

Think before you engage in unprotected sex.

Think before you get in a car with an impaired driver.

Uof M data* show that:

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.

NURSING MOMS

You are giving your baby the best start in life! We support you! If you need a quiet comfortable place to pump, come to Student Health Services.

VETERANS RESOURCE CENTER

Committed to providing veterans, active-duty, National Guard, reservists and qualified dependents with the services necessary to pursue their academic and personal interests, integrate into the campus community and ultimately ensure a successful experience.

110 Panhellenic Building - (901) 678-4269
veterans@memphis.edu
 /UofMSVO

STUDENT health101™

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

- First generation stories and strategies
- 25 things students wish they'd figured out sooner
- How to be busy without burning out
- Why is everyone talking about sexual assault
- Quiz: Sugar's about to get real
- A guide to passive aggressive roommates
- UCookbook: Sugar-free breakfasts
- FitnessU: Campus moves
- BetterU: Mind your mind

Text MEMPHIS to 40691
for weekly updates from Student Health 101

When do Quitters Always Win?

When quitting tobacco!!!

Here are 4 tips to help you quit:

1. Know your "triggers."
2. Fight cravings.
3. Stay positive.
4. Reward yourself.

1-800-QUITNOW
(1-800-784-8669)

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