

Tiger Scoop



Come to Midday Moves!!!

memphis.edu/middaymoves

February Calendar:

American Heart Month and
National Condom Month

6 Free Friday HIV

Testing 10 – 1 in
UC Iris Room

11 Wednesday **Hot Topics** **in Nutrition** from

5:30-6:15pm in CRIS*:
Body Fueling; Making
good food choices

13 Free Friday HIV Testing

10 – 1 in UC Iris Room

14 Valentine's Day and **National Donor Day**

20 Free Friday HIV Testing

10 – 1 in UC Iris Room

23 National Eating **Disorders Week**

25 Wednesday **Hot Topics** **in Nutrition** from

5:30-6:15 pm in CRIS* :
"I had no idea"; Eating
Disorder information for
family and friends

27 Free Friday HIV Testing

10 – 1 in UC Iris Room

*CRIS =Campus Recreation
and Intramural Services at
620 Echles Drive

Danger; Powdered Caffeine

The Food and Drug Administration (FDA) has issued a warning about powdered pure caffeine, following the deaths of at least two young men and hospitalizations of several others from accidental overdoses. A single teaspoon of pure caffeine is roughly equivalent to the amount in 25 cups of coffee.

Caffeine overdose symptoms can include rapid or dangerously erratic heartbeat, seizures and death along with vomiting, diarrhea, stupor and disorientation.

Pure caffeine is a powerful stimulant and very small amounts may cause accidental overdose.

AT YOUR REC CENTER

TigerFit- 8 weeks of exercise and info to equip students to make healthy lifestyle changes. TigerFit is a free holistic health program. Come work out with us! Begins on Wednesday, February 4th @ 2pm, OR Thursday, February 5th @ 12pm

Exercise Equipment Orientation- Free 30 minute orientation about the weight machines.
Monday Feb. 9, at 7pm
Tuesday Feb. 10, at 3pm
Wednesday Feb. 11, 12pm
Thursday Feb. 12, 9am

Workout Recovery Class- For those who lift weights or are just active. Learn movements that help your muscles recover and grow, as well as, increase flexibility and range of motion.
Wednesdays at 7pm all semester.

For more information contact Charlie at:
crscheel@memphis.edu (901) 678-1383

STUDENT
health101

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

- *What workout should I do today?
- *A soothing guide to anxiety.
- *Is this a toxic friendship?
- *The age of consent.
- *Lost in the food info maze?
- *The hot pot; legal marijuana?
- *Hotwired 21st century brain.
- *The Job Prob: Get practical.
- *UCookBook: Meal prep
- *FitnessU: Cardio abs

Check out readsh101.com/go2memphis.html for the latest issue of Student Health 101.

For Your Health:

Counseling: 214 WT, 678-2068,
memphis.edu/cpcc M-R 8-7 ,
F 8-4:30; Walk-ins M-F 10-2
On call for crisis 24/7

Health Clinic : 3770 Desoto Dr,
678-2287, memphis.edu/health
M,W,R,F 8-4:30 + T 9-4:30;
Walk-in, no appointments needed

SCHD Family Planning:
3770 Desoto Dr, 678-2643
M,W,F 8:30-11:30, M+W 1-3:30
By appointment only

Recreation Center: 620 Echles,
678-2801, memphis.edu/cris
See web site for hours, free classes,
intramurals and trainings

Proud to 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



@Healthy_Tigers



saweb.memphis.edu/health

THE UNIVERSITY OF
MEMPHIS