

Get the scoop on UHC Student Groups...

In Sickness and In Health (ISH)

- *Stressed out??* Get some tips on how to better manage stress and how to reach your goals for 2011 from ISH at DGHD!

Fontaine Center Alcohol Advisory Board (FCSAB)

- Want to learn more about safer and healthier drinking habits?? **Pick your favorite seashell** to explore the depths of drinking habits and how to stay safe this summer with FCSAB at DGHD!

SHHUGA (Sexual Health Helpers at UGA)

- “Don’t get burned” this summer! Learn how to “cover up” and have safer sex with SHHUGA at DGHD!
- **CONGRATS** to the new Executive Board!! See page 2 for the list of new officers
- Special thanks to the outgoing Executive Board for your hard work and dedication!

Peer Nutrition Educators (PNEs)

- Get your **DUCKS in a row** when it comes to your nutrition with the PNE’s at DGHD!! Be sure to come by for some delicious trail mix too!
- Congratulations to the newest crew of PNEs who will be serving for the 2011-2012 year. Welcome to our team!!

SHAC (Student Health Advisory Committee)

- SHAC is in the process of selecting new members for the 2011-2012 school year through a selective interview process. **Good luck to all the candidates!**
- Play Life Saver Toss with SHAC and learn more about how to become CPR certified at DGHD!

Welcome to Health Promotion:

Welcome to the new Health Promotion and Communications e-newsletter. The goal of this publication is to showcase the wonderful work of the UHC’s student groups and to keep everyone in the know about what our groups are doing around campus.

- Students from each group will submit updates and upcoming events
- Advisors and group leaders will nominate one student from a group to be featured in our student spotlight



Upcoming Events:

4/26- 7pm- PNE’s Meet & Greet for 2011-2012 school year

4/27- DAWG GONE HEALTHY DAY 11AM-3PM (RAMSEY LAWN)

5/13- GRADUATION DAY
Congrats to all our UHC grads!

SAVE THE DATE!!

SHHUGA will be hosting Season 2 of **Project Condom** on **Oct 25, 2011**. Be on the look out in the Fall for ways you can get involved!

Meet the new G.A. on 2



What's cooking at the UHC?

BBQ Chicken Pizza

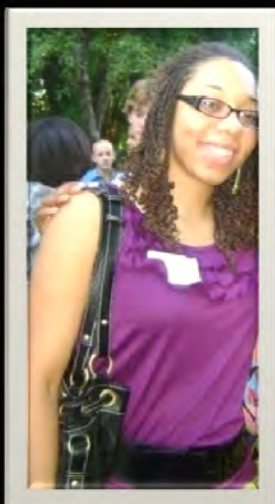
- 1/2 medium red onion, diced
- 1 tsp olive oil
- 1 tsp garlic powder
- 12-inch pre-made whole wheat pizza crust
- 1/2 cup BBQ sauce, separated
- 1 cup shredded rotisserie chicken (or cooked chicken breast)
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded part-skim mozzarella cheese

Preheat oven to 500° F. Place diced onion, olive oil and garlic powder in a Ziploc bag, tossing to coat evenly. Spread onion on a baking sheet (lined with nonstick aluminum foil) and roast for 10-15 minutes, until onion is soft and begins to brown. Reduce oven temperature to 425° F. Spread 1/4 cup BBQ sauce evenly over pizza crust, leaving 1/4 inch border around edges. Mix together rotisserie chicken and 1/4 cup BBQ sauce, then scatter chicken and roasted onions evenly over sauce. Top with shredded cheeses. Bake for 9-10 minutes, or until cheese is melted and crust begins to brown.

Need some nourishment heading into finals, but don't have the time? Check out this and other **quick recipes** by clicking the icon!



Meet the new Graduate Assistant



Introducing Alex Green... She's so fly like a G.A.!

Alex will be joining us in the Fall 2011 from Flint, MI. She graduated with a Bachelor of Science in **Clinical Exercise Science** in December. She is looking forward to being a **DAWG**, working at the **UHC**, *engaging with the student body* and **eating** at the plethora of **Athens restaurants!** She is passionate about helping others meet their full potential and is always up for listening to someone's life story. In her spare time you can find her *cooking up some good food*, strumming the only chord she knows on her acoustic guitar (G Chord), breaking out **into random song and dance** in the midst of conversation and **LIVING LIFE ON PURPOSE.**

Congratulations to the new
SHHUGA Exec Board!!

President- Melanie Lucash

Vice President- Jenn Lee

Secretary- Kiersten Roberson

Treasurer- Amanda Linamood

PR- Shericia Ross

Did you know???

The UHC is on facebook and twitter!
Stay updated on the latest UHC news,
get **DISCOUNTS** and more by clicking
the links below!
Invite your friends, too!



Thank you to our outgoing Graduate Assistant, Lauren Boothby, who will be graduating in May! Please contact Alex Green in the Fall for newsletter updates.

