

JANUARY EDITION

EXTRA!! EXTRA!! EXTRA!!

TARA is delighted to be at **UGA** as the ****NEW** Relationship and Sexual Violence Program Coordinator!**

She believes the position is a dynamic balance of ***education*** and ***social justice*!**

Tara recently moved to Athens from Albuquerque. Since 1996 she has worked alongside diverse communities in **workshops, street outreach, hotlines, residential programs, and individual counseling efforts.** Early career highlights include: volunteering with a sex-education improv comedy troupe called **the Not Ready for Bedtime Players** at the University of Massachusetts, and an internship with a syringe exchange program. In New Mexico, Tara served as **Women's Outreach Coordinator for Healthcare for the Homeless,** working closely with women who had a history of sex work and addiction. She also counseled women facing crisis pregnancies for 6 years. While pursuing her M.S, Tara worked in Health Education at the University of New Mexico, facilitating workshops and giving presentations on numerous college health issues.

****In her spare time Tara enjoys documentaries, art history, thrift stores, exploring new restaurants, and she aspires to learn Turkish in 2012.****

MEET TARA MISRA!



Visit Tara in her office, located in room 1212 of the Health Promotions Dept. or contact her via email at: tmisra@uhs.uga.edu

HEALTHY DAWG WORKSHOPS

Getting it Done.

Wed. Jan 18th, 4-5pm, Miller Learning Center, Room 248, Limit: 33 students.

When it comes to academics, Healthy Dawgs get it done. Come learn about why procrastination happens, and strategies to actually get it done! What a great way to start off the New Year!

I'm Just Not That Into You: A Guide to Healthy Relationships

Thur. Jan 26th, 4-5pm, Tate Center, Room 144, Limit: 20 students.

Learn more about yourself by taking relationship style "quizzes," and learn important skills such as assertive communication and active listening. Additional topics include: common expectations, patterns, and mistakes in relationships. We'll also review "20 Signs You May be Dating a Loser."

"Motivation is when your dreams put on work clothes." ~Unknown

From the Health Promotion and Communications Department, to you....

HAPPY NEW YEAR and **WELCOME BACK!** Put on your "work clothes" and start and finish strong this semester!

As always, remember...

GO DAWGS!!!
(Healthy Dawgs, that is!)



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