

Frightening updates on the UHC's terrifying Student Groups!



HDA's (Healthy Dawg Ambassadors) It's official (like a whistle)! HDA's are preparing to bring the Healthy Dawg Campaign to campus this month at the Haunted Health Fest! See you Oct. 20th, 11-3 at Tate Plaza.

Be on the look out for our games, **SWAG** and information coming to a table **NEAR** you!

FCSAB (Fontaine Center Alcohol Advisory Board)



Check out the **FCSAB** at the Haunted Health Fest!

Come support us through our sex & alcohol **SKIT** during Project Condom!

SHUGA (Sexual Health Helpers at UGA)

ALL students are invited to the **FREE Project Condom** fashion show on **Tuesday, Oct. 25th** from **7-9pm** in Tate Grand Hall.



PNEs (Peer Nutrition Educators)

Avast ye, get your nutritional booty and scuttle for better health trivia with the Peer Nutrition Educators all this month! We will be at **Dawgs After Dark** on **Friday, October 14** and at **Ramsey** for "**Nutrition Night**" on **Tuesday, Oct. 18** from 7-9 pm.

Don't be **SCARED** to get your

shot! Flu shots now available at UHC: \$15/fees-paid students. Make an appointment by phone or online.

Be a Healthy Dawg!



October HD Workshops:

Safer Oral Sex

Wed, Oct 5, 4-5 pm, Tate Center, Room 138, Limited to 33 participants

Is oral sex safe? What is a dental dam? Learn facts about this "hush-hush", health topic.

Collegiate Condom Culture

Tue, Oct 18, 5-6 pm, Miller Learning Center, Room 248, Limited to 50 participants

Explore condom advertising techniques, barriers to condom accessibility, and all about the upcoming, Project Condom educational fashion show!

Want more A's? Get more Zzzzzzz's!

Thurs, Oct 20, 4-5 pm, Tate Center, Room 138, Limited to 20 participants

This workshop will help you assess your sleep, review factors associated with healthy sleep and create a "sleep ritual".

SHAC (Student Health Advisory Committee)

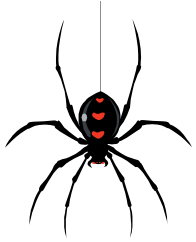
SHAC hit the ground running during their Sunday retreat in early September where they started planning projects for the year. They split into **three sub-committees: SHAC Visibility, Outreach and Website/Social Media.**

SHAC meets on October 4 & 18, from 5-7pm. Since **promoting CPR is one of their goals this year**, they are also taking a class to get certified on October 11.



HEALTHY DAWG HUMP DAY!

Our next HDHD will be from **11-3 pm at Tate Plaza on Wednesday, October 12th**. This month's theme is Sexual Health Awareness. SHHUGA will be taking the lead with their game **"Wrap that Halloweiner"**! Durex 12-packs will be given out to students who participate. Contact your group advisors for sign-up sheets!



STUDENT SPOTLIGHT



Health Promotion & Behavior Major, Women's Studies Minor

MELANIE LUCASH has been working with comprehensive, peer-led sex education programs for the past three years. Her experience began in high school as a **HiTops peer educator** in New Jersey. From that program she **introduced educational skits** that were modified for the UGA population and featured as "commercial breaks" in Project Condom. Most notably she starred as ***Condom Girl***, an empowered safer sex superherione! She served as SHHUGA's 2010-2011 Vice President and is currently the **President of SHHUGA** as a junior. This summer she interned at the London Sexual Health Programme and after graduating she plans to go back to London to work in sexual health.

FY-izzle

UHC is on facebook and twitter! Join today to stay updated on the latest UHC news & DISCOUNTS!

healthy DAWG
has his contact lenses, do YOU?

HALLOWEEN SALE

30% off ALL contacts in the Vision Clinic October 20-21

www.uhs.uga.edu

