

What's happening in the UHC Student Groups...

~~In Sickness and In Health (ISH)~~

NAME CHANGE: Healthy Dawg Ambassadors (HDAs)- After our first meeting of the semester we have a new vision, mission, and NAME! Join us for our next meeting Tuesday, Sept. 27th from 5:30-6:30pm in UHC conf. room A.

Fontaine Center Alcohol Advisory Board (FCSAB)

Next Meeting: Sept. 15th
Join the Listserv!

SHHUGA (Sexual Health Helpers at UGA)

All of our meetings are in Tate 482 from 7:30-8:30pm on alternating Tuesdays.

Save the date for Fall 2011 Meetings: Sept. 20, Oct. 4, Oct. 18, Nov. 1, Nov. 15, Nov. 29

Peer Nutrition Educators (PNEs)

Join us for an edu-tastic nutrition experience.

Nutrition Night on September 21st from 6-8pm in front of Ramsey

He's here! Meet the Healthy Dawg mascot!

Any ideas for a slogan? Email

kjanousek@uhs.uga.edu

<http://www.uhs.uga.edu/healthydawg/index.html>

healthy DAWG



September HD Workshops:

How to Procrastinate and Still Get Things Done

Thu, Sep 15, 4:00 pm - 5:00 pm, MLC, Room 150, Limited to 50 participants

Learn strategies to counteract procrastination and how to use procrastination as motivation to get things done.

When is it More Than Stress? Understanding Anxiety and Depression

Wed, Sep 21, 4:00 pm - 5:00 pm, Tate Center, Room 138, Limited to 33 participants

How do you know when your stress level has gotten so high it is a signal of more serious issues like anxiety and/or depression?

Creating Healthy Relationships: Do You Have the Skills?

Wed, Sep 28, 4:00 pm - 5:00 pm, MLC, Room 248, Limited to 50 participants

Learn practical skills and information including aspects of a healthy relationship, quality communication, intimacy, and trust.

Fall 2011 workshop schedule:

<http://www.uhs.uga.edu/healthpromotion/wellness.html>

Healthy Dawg Hump Day!

Introducing the MONTHLY themed-outreach on Tate Plaza led by UHC student group volunteers.... Healthy Dawg Hump Days! You guessed it, they're on a Wednesday, this one is **9/21 from 10:00-3:00**. Contact your group advisors for shift sign-up sheets. We're kicking off with alcohol awareness.



SAVE THE DATE!

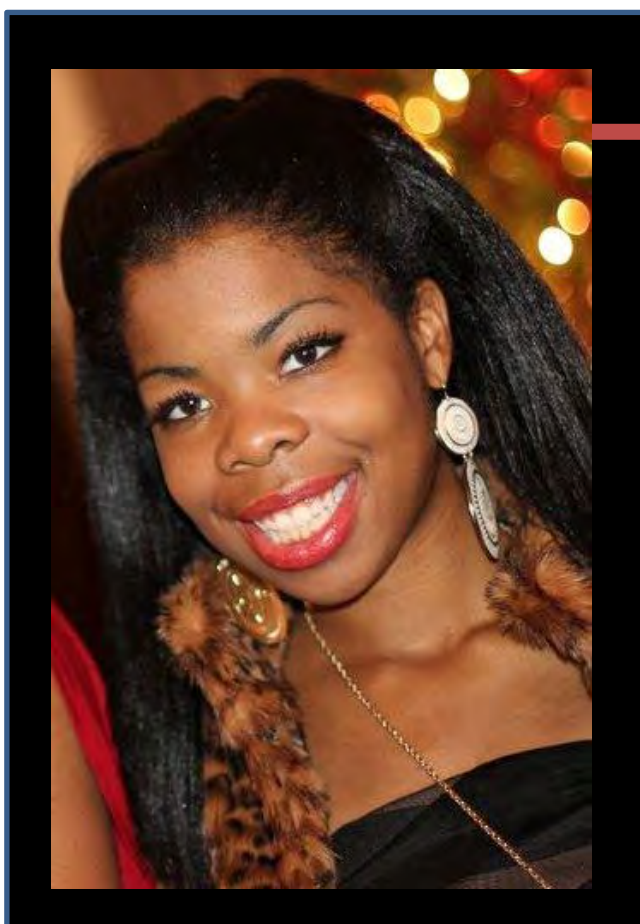
SHHUGA's 2nd annual **Project Condom** educational fashion show! This year the event will be held on **Tuesday, October 25th** in Tate Grand Hall. Doors open at 7pm and the show runs 7:30 - 8:30 pm.

We are still recruiting for models, designers and volunteers! So even if you're not in SHHUGA, feel free to help out! Find more information at:
<http://www.uhs.uga.edu/sexualhealth/project-condom.html>

Be on the look out for cooking classes!

View the schedule here:
<http://www.uhs.uga.edu/nutrition/kitchen.html>

\$5.00 per class, ONLY 12 Spots!
Get a spot before they're gone!



Student Spotlight

April Hobbs is a senior from Augusta, GA and is majoring in **BIOLOGY (CONCENTRATION: PRE-MED)**. She has been a member of the **Fontaine Center Student Advisory Board** since 2008 and currently serves as Advisory Board Chair. April diligently served as one of the Fontaine Center Representatives during summer orientation and educated approximately 2,800 incoming freshman about the Fontaine Center services and alcohol abuse prevention education. In her spare time, April **loves to mentor** through the Clarke County Mentor Program and spend time with her family. After graduation, April **plans to attend Medical School** in effort to become a primary care physician.

Congrats to our 2011-2012 E-board Members!

SHHUGA

President – Melanie Lucash

Vice President – Jenn Lee

Secretary – Kiersten Roberson

Treasure – Amanda Lindamood

PR Coordinator – Shericia Ross

PNE'S

Coordinator
Hannah Dawson

Treasurer
Emily Smith

Secretary
Alice White

Welcome NEW FCSAB Members!

Mary Kathryn Braswell

Franscesca Iannaccone

Bethany Maddox

Tosca Morgan

Symone May



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!

