HEALTH STARTS HERE

MISSION
Health Education is designed to be an integral part of the campus community by providing health awareness and promotion as well as education and health interventions that maximize individuals’ wellness and community health.

DORM WORKSHOPS
Can be held in any Residence Hall, Sorority or Fraternity House!
Call 401-874-5954

- Cold/Flu Prevention and Treatment
- Beer Goggles
- Skin Machine
- Stress-less
- Nutrition
- Sex Ed – Ask the Nurse Practitioner

CPR/FIRST AID
Classes are certified by the American Heart Association.
Call 401-874-5954
For more information and class schedule go to:
uri.edu/health

ADDICTED TO NICOTINE?
Meet with our Tobacco Treatment Specialists for free counseling:
- Free initial nicotine replacement therapy
- Develop a personalized quit plan
- Minimize withdrawal symptoms
- Find alternatives to nicotine

Call URI Health Services to schedule an appointment:
401-874-5954

FALL 2019
SEPTEMBER, OCTOBER, NOVEMBER, DECEMBER
WELLNESS CLINICS
WEDNESDAYS 11:30 A.M. – 1:30 P.M.
MU – Memorial Union Booth 3

SEPTEMBER
9/11 Away From Home 101
9/18 Party Smarts
9/25 Alcohol Awareness

OCTOBER
10/2 Screen Addiction/Nomophobia
10/9 Healthy Eating
10/16 KISS (Keep it Sexually Safe)
10/23 Body Image
10/30 Condoms Are No Trick/STIs Are No Treat

NOVEMBER
11/6 Flu Prevention
11/13 Improve Your Snooze
11/20 Mindfulness

DECEMBER
12/11 Stress Relief Day

Special Events
Wednesday, September 25
Alcohol Awareness Event Quad (rain location: MU)

Wednesday, December 11
Stress Relief Day
Memorial Union, Union Square

Nutrition
Individual counseling sessions are available. Workshops on topics such as healthy eating, weight management, disordered eating, body image, vegetarian diets, sports nutrition and other topics on request.
Contact Health Services at 401-874-5954.

Stop & Shop grocery tours available.

To make an appointment online, go to: uri.edu/health,