

SPECIAL POINTS OF

INTEREST:

- **Be Healthy. Be Proud-Campaign**
- **WALK IT OUT for MS is a success!**
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Be Healthy Be Proud Campaign.

This campaign is about taking care of and loving your body and the skin you're in! The best way to keep in shape is to eat healthy and exercise. Five fruits and vegetables a day are recommended and at least thirty

minutes of exercise per day. Chico is a town with much to offer so finding active and healthy things to do is never an issue. Visit Bidwell Park and play Frisbee, go swimming, take a hike,

ride your bike, etc. Visit "Farmers Market" located downtown on Saturday mornings or Thursday nights (5pm to 9pm). There are plenty of healthy and fun things to do in Chico so be sure to take advantage of them. Remember, during finals week to get plenty of restful sleep and keep stress to a minimum. Keep a set schedule of a sleep regimen and try to stick with it every night.

Exercise and eating right helps to keep stress levels down as well. It's healthy to relax and take breaks every now and then. Grab some friends and go for a walk or get ice-cream. Studying is definitely important but is proven to be more effective when broken up over time.



Sun Safety.

Skin Cancer!

ALWAYS remember to slip, slop, slap to avoid getting skin cancer through harmful UV-rays.

SLIP on a hat.
SLOP on sunscreen.
SLAP on a shirt.



Keep Hydrated!

It's important to **drink plenty of water** when the weather is hot. Mistifiers also are a great way to keep skin cool during the high temperatures in Chico.

“Those who have health have hope. And those who have hope, have everything.”

Welcome Incoming Students and Parents.

Welcome new Chico State students and welcome to the fabulous Student Health Center newsletter. Our purpose is to keep the students informed on what is happening on campus and inform about any events. Now that you're now an official college student or parent of one, enjoy

this experience and make the most out of it. Most importantly, find yourself. Get involved and find those things that will help you grow and mold into the person you want to be.

Volunteer in the community or on campus as much as possible because this

town has a lot to offer. Challenge yourself in classes. Meet new people. Join clubs. Participate. Visit the gorgeous surroundings of Chico. Don't be afraid to step outside of your comfort zone. But, most importantly, have fun!

SHS and GREEKS WALK IT OUT for MS is a Success.

On April 11th, 2009, the Student Health Center partnered with the Greeks to hold a walk for

Multiple Sclerosis. This is the first year for this event where the two organizations

came together to create an amazing fundraising event for MS. The walk began at the rec. fields on campus and went through downtown Chico to finally reach City Plaza. At City

Plaza were booths, a band, prizes, and a proud group of people walking for a good cause. We hope to keep the MS Walk going every year so look for us next year and participate!

Traveling Tips.

Plans to travel this summer? That's wonderful, but remember there are a few risks that come along with traveling so here are some helpful

tips to keep your travel experience safe and fun. **TIPS:** Don't carry cash— if possible only use cards and carry your money in a safe place. Women, keep purses close to

self to avoid theft Always stay with your group, don't go off alone. Pack and prepare for any situation. Ask questions when you have them. Enjoy!



Be a...

WellCat
BE HEALTHY BE PROUD

Services provided:

- Dermatology
- Employment/ Athletic physicals
- General medicine
- Gynecology
- Health screenings
- Immunizations
- Orthopedics
- Pharmacy
- STI/HIV testing
- X-Rays

Student Health Service

Visit us on the Web
www.csuchico.edu/shs

Clinic hours:

Mon: 8-5 Tues:8-5 Wed 9:15-5

Thru: 8-5 Fri:8-5