

# Workshops

## Wellness Center

Fall 2009

### September

#### Recovery from Addiction

Wednesday 9/2 • 4:00pm • Room 111/112  
What does recovery mean? How does one recover? Is there only one way to recover from addiction to substances? Learn about the processes of recovery and how people learn to live without the use of substances.

#### These Hands Don't Hurt

Tuesday 9/15 • 5:00pm • Room 111/112  
Learn how men contribute to a movement where they pledge never to commit, condone, nor remain silent about violence against women.

#### When Online takes you Offlife

Thursday 9/24 • 3:00pm • Auditorium  
Computer use and social networking can cause problems with health, relationships, money, etc.-- the same problems caused by other compulsions. This workshop looks at causes, behaviors, and consequences associated with excessive computer use.

#### Super Seven Fatigue Busters

Wednesday 9/30 • 3:00pm • Room 111/112  
Feeling run down and tired? Learn the seven dietary adjustments you can make to your diet to improve memory, enhance academic performance, improve physical endurance, and increase energy levels.



### October

#### Taking Care of Yourself, Caring for Others

Tuesday 10/6 • 4:00pm • Room 111/112  
Anxiety and depression are the most common mental health issues that affect college students, but also the most treatable. Learn symptoms and resources to help with life adjustments at college.

#### Social Connections

Tuesday 10/13 • 5:00pm • Auditorium  
Learn about how to be more connected with the SIUC community, and get involved with campus life and student body.

#### Strength in Numbers

Wednesday 10/14 • 4:00pm • Auditorium  
This interactive talk will present information on what being a GLBTQ advocate/ally means, how to become involved on the SIUC campus and the benefits you may receive from assisting others.

#### Collegiate Alcohol Use

Tuesday 10/20 • 5:00pm • Room 111/112  
Party only on weekends? Play drinking games? Involved in "pre-gaming?" Ever pass out or black out? You are at risk of harm from your current alcohol use behaviors now and in the future. Find out how!

#### College Students and Cancer

Monday 10/26 • 6:00pm • Auditorium  
Learn risks, prevention and facts about the most prevalent cancers that worry and affect college students' sexual health, including: HPV, Breast Cancer, and Testicular Cancer.

#### Communication Skills and Emotional Control

Thursday 10/29 • 4:00pm • Auditorium  
Everyone has strong feelings at times, and this workshop will provide information on how to manage emotions for academic and social success. Learn to listen and send messages more effectively, and resolve interpersonal conflicts with others.

### November

#### Squash All Beefs

Tuesday 11/10 • 6:00pm • Auditorium  
A growing number of students are experiencing conflicts or "beefs." These can develop into violent episodes that can lead to serious physical and psychological injuries. This presentation will address: men who feel pressured to not back down from confrontation, the phenomenon "cat fighting" (women fighting other women), gossiping, group conflicts, and cyber harassment.

#### Nutrition: Myths, Facts, and Half-Truths

Monday 11/16 • 3:00pm • Auditorium  
Is dairy unhealthy? Does eating more protein lead to bigger muscles? Nutrition information is always changing and often seems to contradict itself. The most common myths about nutrition will be explored and the facts about these issues will be provided.

#### Managing Stress for Academic Performance

Wednesday 11/18 • 3:00pm • Auditorium  
Research shows that stress is the #1 health factor reported for negative college student academic performance. Learn to improve focus, reduce test anxiety and motivate yourself with information provided in this workshop.



### December

#### Are You Positive You're Negative?

Wednesday 12/2 • 5:00pm • Auditorium  
Come discover the myths and facts regarding HIV/AIDS. Take a journey from where we've been to where we are now as we recognize the week of World AIDS Day.

*All presentations are at the Student Health Center and are FREE and OPEN to the public.*

*For more information or confidential counseling in Stress Management, Substance Abuse, Sexual Health, Nutrition, or Relationship Violence, please contact the Wellness Center at*

*(618) 536.4441 or online at [www.shc.siuc.edu](http://www.shc.siuc.edu)*