

Have you been keeping your resolutions?

We 're here to help.

Looking to get fit and eat better? Keep on the lookout for our s.w.e.e.t. peer educators in the cafeteria and the Pitt Center this semester. We 'll "rate your plate " and give you some ideas about how to start an effective work out routine. If you need some support with keeping your resolution, let us know and we 'll help you out!

Smoke Stoppers on Campus

Smoke stoppers is a FREE program (\$200.00 value) for smokers and dippers provided through St. Vincent ' s Hospital to all students.

It will be offered on Wednesdays, 2/3 and 2/10 at 2:00 in UC 104.

For more info, ask a peer ed. or e-mail Karen

http://www.sacredheart.edupages/12447_become_a_s_w_e_e_t_peer_educator_.cfm

s.w.e.e.t. Peer Educators are SHU students equipped with information and resources to help lower the risk of eating disorders, alcohol poisoning, depression, and other wellness-related issues, and to promote a safer, healthier, happier campus community through various fun and educational programs. If you are interested in learning more about s.w.e.e.t. or becoming a Peer Educator, e-mail Karen Flanagan at flanagank879@sacredheart.edu. This message has been approved by the Student Wellness Education and Empowerment Team.

Big Red Wants You!



To Become a Peer Ed.!

1. Be passionate about SHU
2. Want to help other students
3. Go to our website under Quick Links & Wellness Center
4. Remember applications are due February 26th!
5. Be on the look out for us this semester