

Tips to Cope with Spring Fever

- 1. Shift your schedule forward or back a couple of hours.*
- 2. Break up your work day into sections.*
- 3. Take a vacation.*
- 4. Start setting goals on paper.*
- 5. Designate a time to check email.*
- 6. Take your work outside.*
- 7. Do some spring cleaning.*

Easter Jokes

What's the difference between a counterfeit dollar bill and a crazy rabbit?

One is bad money, the other is a mad bunny!

Why did the Easter egg hide?

He was a little chicken!

What do you call rabbits that marched in a long sweltering Easter parade?

Hot, cross bunnies!

What do you call ten rabbits marching backwards?

A receding hareline

Area STD Testing Sites

Fairfield Health Dept.

No testing fee (must pay for medication if positive)

By appointment only call (203) 256-3020

725 Old Post Road

Bridgeport Health Dept.

\$10 testing fee (medication is free if positive)

No appointment necessary, ID needed- arrive at least ½ hour before closing time

Call (203)576-7468

752 E. Main Street

Hours: Monday 12:30-3:00pm, Wednesday 8:30-11:00am, Friday 9:30-11:00am

Norwalk Health Dept.

\$10 testing fee (medication is free if positive)

No appointment necessary

Call (203) 854-7976

137 East Avenue

Hours: Monday- Friday 9:00-11:30am, Wednesday 3:00-5:30pm

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.