



# Book

stall street journal  
Spring 2011 Issue 1

## Beat the Winter Blues

**Snowed in and can't make it to the gym? Turn your dorm into a home gym!**

**Youtube exercise videos**

**Watch your favorite movie or read a book (not a textbook!)**

**Catch up on your favorite TV shows**

**Get rid of excess energy by playing in the snow!**

**Try to get something productive to do that you normally would avoid: cleaning your room, organizing**

## Apply to Be A Peer Educator!

Applications are Due  
April 1st.

Check out our website for more info!

Did you miss our Are you Kissable give-aways?

Check out our website for tobacco facts!

Miss the depression screening?

Stop by the counseling center in the park avenue house any time to take one.

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](mailto:flanagank879@sacredheart.edu). This message has been approved by the Student Wellness Education and Empowerment Team.