App of the Month: “Circle of 6”

With this free app, you can choose 6 friends to contact when you’re in a sticky situation with a simple press of a button.

“Got the flu? No thank you!”

- If you’re sick, keep a distance from others to prevent getting them sick.
- Feeling really sick? Stay home, we don’t want it!
- Cover your mouth and nose with your arm to prevent spreading germs.
- Wash your hands before you eat and after going to the bathroom with warm water and antibacterial soap for 20 seconds!
- Avoid touching your face, it’s the easiest place for germs to enter the body.
- Drink plenty of water.

“You is Kind, You is Smart, You is Important”

- Start every day with a compliment to yourself. You’d be surprised how many good things you see in yourself!
- Smile at one person a day. Knowing you made someone smile will boost your happiness even higher.
- Eat when you’re hungry, there’s a reason your stomach’s growling!
- Stop with the “fat talk”. You wouldn’t call your friends fat, so why call yourself that?

Words of Inspiration:

“Imperfection is beauty, madness is genius and it’s better to be absolutely ridiculous than absolutely boring”

~Marilyn Monroe

Who are we? Students like you. We eat. We sleep (sometimes). We study. We spend too much time on Facebook. We have a good time. We’ve also got the facts about drinking, dealing with stress, sexual health, nutrition and exercise, and tobacco use on campus.

We’re there too, like us?