

This is HAWE DO IT

February Issue

Kasey Brown: Be True to You!

Come hear Kasey Brown personal trainer, best selling author of “Body Peace”, and owner/ founder of *True To You Fitness*. She will talk about nutrition and fitness.

When: Feb. 15th Time: 7pm

Where: CAS 162



Tunnel of Love

The Tunnel of Love is an informative experience designed to shed light on the good, bad, and ugly involved in relationships. Experiencing it can support you in developing the healthiest relationships possible.

When: Feb. 14th Time: 11am-2pm

The Truth About Alcohol

Be on the look out for a poster campaign coming out this month to help bust myths about alcohol. See how much you know and try and guess if the statements are true or false and read the bottoms for the right answer!

Want to Be A HAWE?

Applications out now!

Learn how to be a student leader on campus and gain teamwork experiences and the opportunity to creatively change our campus through programing. There is also a \$1,100 stipend/ per semester. You can get an application at the Center of Student Development (the building across from cedar) front desk. Any questions contact us at 10hawes@gmail.com or on social media. **Applications due February 26th 2018**

Follow us on: Instagram: [@rwuhawes](https://www.instagram.com/rwuhawes)

Twitter: [@RWU_HAWEs](https://twitter.com/RWU_HAWEs)

Facebook: [Hawe Health-Wellness Educators](https://www.facebook.com/HaweHealth-WellnessEducators)



The HAWE's are ready for the Flu are you? Flu season peaks in January and February. We advocate for everyone to get their flu shots and take precautions: wash your hands, cover coughs, and stay home if you are not feeling well. If symptoms persist over 24 hours seek medical attention.

Health Service: 401-254-3156

Hours: Monday-Friday

8:30am-5:00pm



Future Events:

Eating Disorder Awareness Week
Feb. 26th- March 2nd

During this week be on the look out for HAWE Tables in commons. There will be free rubber bracelets that say, "Everybody is somebody" and flyers about future screenings done by the counseling center. Also Hawe Hannah will be speaking about her recovery story.

Want to Learn How to Cook? "How to Make a Chicken Last a Whole Week"

Cooking classes throughout the semester! Learn basic cooking skills and how to make a delicious meal with all the elements of a healthy plate. Our first class will be called "How to Make a Chicken Last a Whole Week" There are only 15 spots Sign up now!

When: February 21st

Time: 5pm-7pm

Where: Law School Bistro

Sign up:

<https://orgsync.com/170605/chapter>

