

# This is HAWE DO IT

MARCH ISSUE

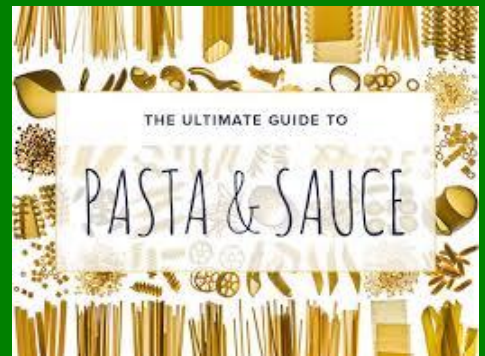
## Sauce it Up Free Cooking Class

When: Monday March 26<sup>th</sup> 2018

Where: Lower Commons      Time: 4pm

Sign up: <https://orgsync.com/170605/forms/311766>

Come learn how to make homemade sauces and the best pasta in town! **Food included at the end of the class!**



## Mental Health Mythbusters

This poster campaign combats the stigma around seeking help for one's mental health and overall well being. Four different posters display a common misconception about getting help along with a fact that counteracts it. Look for the posters in early April to unveil the truth about reaching out for help. These posters will bust the myths and end the stigma.

**MYTH:**  
"You are just seeking attention."

**FACT:**  
2 out of 3 people who need help suffer in silence.

**BUST THE MYTHS, END THE STIGMA**

**HAWE<sub>ES</sub>**  
The RWU Health and Wellness Educators

The poster features a background image of a person in a dark, hooded jacket looking out over a body of water. The text is overlaid on the image in a clean, modern font. The HAWE<sub>ES</sub> logo is in the top right corner.

# Dose of R<sub>x</sub>eality



This month the HAWEs released a campaign called “Dose of Rxeality” to educate students on the negative side effects associated with abusing prescription stimulants. You may have seen the numerous pill bottles in commons, the library or GHH or the posters that gave statistics about prescription stimulants. Prescription stimulant abuse has been an ongoing issue on college campuses and the HAWEs believe doing a campaign such as “Dose Rxeality” will make students more aware of this issue and the negative side effects associated with sharing a prescription stimulant or taking a prescription stimulant that was not prescribed to you.


If you saw this campaign around campus we strongly encourage you to fill out the brief survey in regards to your thoughts/opinions on the campaign, the link is posted below!

<https://www.surveymonkey.com/r/98DWYKS>

## Dose of R<sub>x</sub>eality


The majority of RWU students have **never** taken a prescription stimulant that was not prescribed to them, instead they suggest to...


1. Get enough sleep
2. Study in a group
3. Exercise
4. Stay hydrated
5. Have a healthy snack
6. Take a power nap
7. Take a 15 minute break
8. Break up your studying
9. Treat yourself after each study session
10. Avoid distractions



**Dose of R<sub>x</sub>eality**

Students who have prescriptions for stimulant medications **do not** like when people ask them to share/sell them.

Data taken from: University of Washington 



## Sex On Wheels is Back!

To request this program for a resident hall or club please contact us

[10hawes@gmail.com](mailto:10hawes@gmail.com)

Follow the Hawes:

Instagram: [rwuhawes](#)

Facebook: [Hawe Health-Wellness Educators](#)

