

# THIS IS HAWE DO IT

OCTOBER 2017



## HEALTH COACHING SESSIONS

Need someone to talk to? HAWEs along with senior Psychology Major Interns offer health coaching sessions. These are designed to help individuals initiate or sustain behavior change. They can help you tap into your inner wisdom, identify your values and transform your goals into action. Topics include relationships, exercise, healthy eating, stress and much more!

## WHO ARE WE?

We are the HAWEs! We are a group of 8 individuals along with our advisor, Director of Health Education Donna Darmody. Health and Wellness Educators run events and programs on campus. Our motto is *"Helping Others Help Themselves."* We focus on increasing knowledge of and bringing awareness on 5 dimensions of wellness: General Health, Alcohol & Drug Misuse, Sex, Title XI, and Mental Health. Our newsletter is designed to not only provide information but also highlight our wellness programs and activities that you can participate in. Also, stay tuned for ways you can win prizes in the future!



## LETTERS TO A FRIEND

POSITIVITY FROM US FOR YOU

You may have already seen these little mailboxes around campus located in GHH, Upper Commons, the Library, and the Center of Student Development. Feel free to grab a “good feeling” whenever you like.

### HEALTH PORTAL

CHECK UP MADE EASY

The RWU health portal link gives your previous health information to the Health Center.

Creating an account makes the nursing staff able to reach out to you in the most confidential manner.

[rwu.medicatconnect.com](http://rwu.medicatconnect.com)

*Save a Life Today- Ask If They Are OK*

Suicide Prevention Workshop Mary Teft  
White Center Wednesday Oct 25 4-5:30pm

## OCTOBER EVENTS

### ENTER IF YOU DARE

A FRIGHTENING SEX ED DISPLAY

This walk-through exhibit shows the haunting dangers of having unprotected sex. This workshop will take place in the GHH atrium on October 24 from 11am-3pm.

### HIV SCREENING

BETTER SAFE THAN SORRY

RWU presents you with an opportunity for free HIV testing. Know your status with this free and anonymous check that will take place in Health Services 5:30pm-7:30pm Wednesday October 25<sup>th</sup>.

### FLU CLINIC

DON'T GET SICK- GET THE SHOT

Flu season is around the corner and RWU and CVS have your back as together we will be running a flu clinic in Commons. The flu clinic will take place on October 26th.

### QUESTION OF THE WEEK

Name a form of birth control that protects against STDs and pregnancy.

EMAIL ANSWER TO [HAWEprize@gmail.com](mailto:HAWEprize@gmail.com)  
FOR A CHANCE TO WIN A HAWE WATER BOTTLE

