

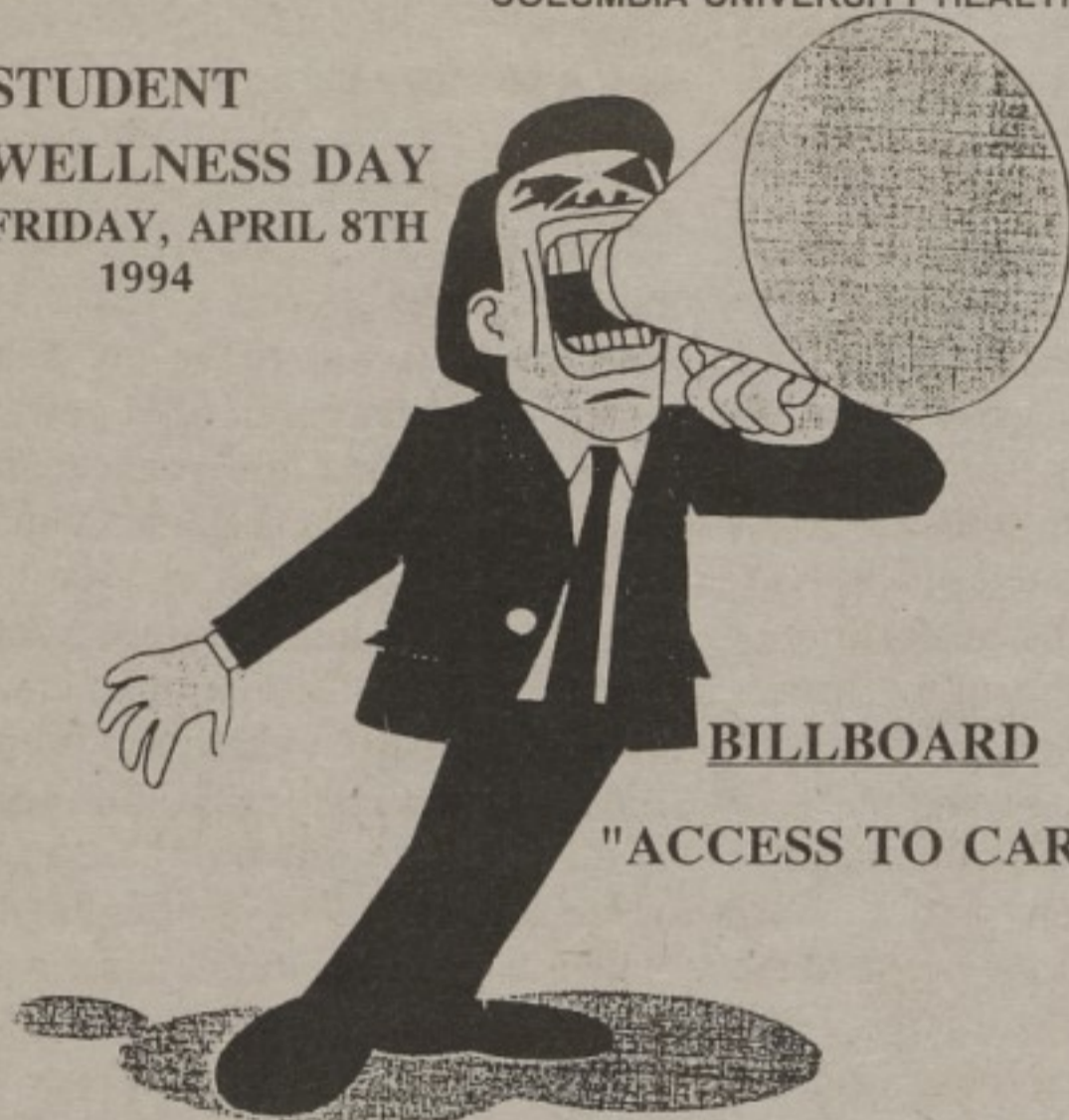
# COLUMBIA SPECTATOR

ARCHIVE

Columbia Daily Spectator, Volume CXVIII, Number 43, 31 March 1994 — Page 13 Advertisements Column 1 [ADVERTISEMENT]

## COLUMBIA UNIVERSITY HEALTH SERVICE

**STUDENT  
WELLNESS DAY  
FRIDAY, APRIL 8TH  
1994**



**BILLBOARD**

**"ACCESS TO CARE"**

A day of  
**FREE**

Health Promotion and  
Education  
for  
Columbia University  
Undergraduate  
and  
graduate Students

**Old Gym**  
10:00 a.m. - 4:00 p.m.

Kick - Off, 1.5 mile run  
Prizes  
Health Wheel of Fortune

Welcome Table / Wellness Packet  
Blood Pressure Screening  
Food Court

**Meet Health Service Staff & Student  
Advisory Committee (SHAC)**

**Education on:**

- ▶ Sexuality
- ▶ Nutrition
- ▶ Sun, Skin and Lyme
- ▶ Testicular Self - Exam
- ▶ Smoking Cessation
- ▶ Stress Reduction
- ▶ Health and Safety
- ▶ Common Gynecological Problems
- ▶ Care of Lesbian Women / GHAP
- ▶ Breast Exams
- ▶ Contraception
- ▶ How to obtain:
  - "Morning After Pill"
  - Pregnancy Test
  - Birth Control Pill Refills
  - Pap Smear
- ▶ General Counseling: Therapy Groups  
Pharmacological Consultations and referrals
- ▶ Sexual Assault & Incest Seminars
- ▶ Stress Management & Academic Problems
- ▶ HIV Testing, Issues & Concerns
- ▶ Drug and Alcohol
- ▶ Eating Concerns / Eating Disorders
- ▶ Immunization; Hepatitis B, Measles, TB
- ▶ Fitness Components of Wellness / Body Fat  
Composition
- ▶ Travel Information
- ▶ Asthma / Respiratory Conditions / Allergies
- ▶ Health Insurance
- ▶ Sexually Transmitted Disease (STDs)

For more information call: 854 - 4543 (between 2 - 4 p.m.)

swd.hol/jk

THE ITALIAN ACADEMY FOR ADVANCED STUDIES IN AMERICA  
AT COLUMBIA UNIVERSITY

presents



**THE  
IMAGINATION  
OF  
WAR**

on

Monday, April 4 - 5:00-7:00 PM

&

Monday, April 11 - 5:00-7:00 PM

in Room 523 Butler Library

Conducted by

**Prof. Maristella Lorch**

Columbia University

**Prof. Giuseppe Mazzotta**

Yale University

Please call to RSVP.

The Italian Academy

612 Butler Library

New York, NY 10027

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