COLUMBIA UNIVERSITY HEALTH SERVICE

STUDENT WELLNESS DAY
FRIDAY, APRIL 8TH 1994

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.

BILLBOARD
"ACCESS TO CARE"

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.)
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.
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