Millersville University is an Equal Opportunity/Affirmative Action Institution. A member of the Pennsylvania State System of Higher Education. B-HEAL-0916-MD

**Upcoming campus events:**

**SEPT. 15:** Department of Athletics sponsored speaker: Joey DeSando, former wide receiver at the University of Pittsburgh, shares his addiction to painkillers and the impact on his athletic and academic performance. 7 p.m. in Clarie Hall in the Winter Center

**SEPT. 20:** My Life Sentence: Brandon’s Dad, 7 p.m. Reighard Multipurpose Room, Student Memorial Center. Sponsored by Judicial Affairs and the Center for Health Education and Promotion.


For additional event information visit: www.millersville.edu/socialwork

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**Mindfulness**

Mindfulness means paying attention in a particular way, on purpose, in the present moment and non-judgmentally. We can become aware of our thoughts, feelings, and actions without attaching judgment to them when we focus our minds on the present moment. It can also help us to embrace reality, instead of jumping around to the past and the future. There have been several studies done with college students that suggest that mindfulness leads to decreases in stress and anxiety, improvements in concentration and attention, and increases in self-awareness and overall emotional well-being. There are several ways to practice mindfulness including meditation, yoga and tai-chi. There are also ways you can practice mindfulness in your daily routine walking, taking a shower, and even brushing your teeth. Even practicing mindfulness for just a brief 5 to 10 minutes can improve your health.

Source: http://www.brown.edu/Student_Services/Health_Services/Health_

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**LiveSafe: MU Safety App**

Download the FREE for Campus Community LiveSafe Mobile from App Store or Google Play. Select Millersville University as your school. Students use LiveSafe for:

- **SafeWalk:** Connect to your friends by peer-to-peer location tracking with chat to monitor and talk as you move on or off campus.
- **Tips:** Text or phone tips to campus police and view safety maps.
- **Resources:** Receive campus notifications and access safety resources

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**Trivia Question**

Q: This animal has 32 muscles in each ear?

**A:** In the next edition of Stall Talk

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**Wellness Wednesdays:**

**Karlie’s Angels: Red Zone Awareness**

Sept. 14; Outside Montour House; 11 a.m.–1 p.m.

**Alcohol and Other Drugs:**

**Alcohol Awareness**

Sept. 22; Reighard Multipurpose Room; 6:30 p.m.

**Sexual Responsibility and Healthy Relationships:**

**Condom Dart Board**

Sept. 28; Outside Montour House; 11 a.m.–1 p.m.

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**Outreach:**

**Karlie’s Angels Hunting Ground Outreach**

Sept. 20; SMC, 12–1 p.m.

**Breast Cancer Outreach**

Sept. 20; SMC, Anchor and McKinley Library; 12:05 p.m.

**Peer Education Programs:**

**Conquering College**

Sept. 27; SMC 202; 7 p.m.

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**Events:**

**Karlie’s Angels showing The Hunting Ground**

Sept. 22; Reighard Multipurpose Room; 6:30 p.m.

**First 6 Weeks Ice cream Social**

Sept. 27; Quad; 6 p.m.

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**Upcoming Intramural Deadlines**

<table>
<thead>
<tr>
<th>SPORT</th>
<th>ENTRY DEADLINE</th>
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<tbody>
<tr>
<td>Coed Softball</td>
<td>Sept. 13</td>
</tr>
<tr>
<td>Coed/Men’s/Women’s Floor Hockey</td>
<td>Sept. 20</td>
</tr>
<tr>
<td>Coed Volleyball</td>
<td>Sept. 27</td>
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<tr>
<td>Coed/Men’s/Women’s Flag Football</td>
<td>Sept. 27</td>
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<tr>
<td>Twilight League</td>
<td>Sept. 13</td>
</tr>
<tr>
<td>Coed/Men’s/Women’s Indoor 3 v 3 Basketball</td>
<td>Sept. 13</td>
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</tbody>
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**Pre-Registration Tournaments**

- **Capture the Flag**
  - Sept. 20
  - Every Thursday 12–1 p.m.

- **Thowback Thursday**
  - Every Thursday 12–1 p.m.

Register on a team or as a free agent on www.IMLeagues.com

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**STAY SAFE**

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**Contact Us**

**Visit our website:** www.millersville.edu/health

**Email us:** chep@millersville.edu

**Call us:** 717-871-4141, or stop by the Montour House