MIND your Health:

Welcome back from winter break!

We hope everyone took time for some important self-care.

During the spring semester, the counseling center will be offering Counseling for issues including, but not limited to anxiety, depression, eating disorders, family problems, grief, homesickness, interpersonal problems, stress, test anxiety. Individual Counseling Sessions, call ext 7827 to schedule.

Light Box Therapy for Seasonal Affective Disorder until March.

Addiction Support Group every Thursday at 3 p.m. on the third floor of Lyle Hall.

Pet Therapy every Tuesday at 10 a.m. on third floor of Lyle Hall.

Outreach activities to educate and support students.

Support Groups including a coping skills group, a peer support group, and a substance and relationships group.

February is National Condom Month

Condoms

• Currently, male condoms are the only widely available, proven method for reducing transmission of HIV and sexually transmitted infections (STIs) during intercourse.

• Female condoms also offer protection against unintended pregnancy and STIs.

• Condoms are effective when people use them correctly and consistently.

For more information, please visit the Center for Health Education and Promotion (Cumberland House) or Health Services (Witmer Building).

Sources: http://www.ashasexualhealth.org/sexual-health/all-about-condoms/ platforms=cta-webonly#CondomMonth

Trivia Question

Q: Can men get osteoporosis?

A: Yes, men can get osteoporosis. Males over age 50 are at higher risk of developing osteoporosis.

Take Charge of Your Brain Health!

When your brain is healthy, it has blood flow required for peak performance. A healthy brain is essential for living a long and full life.

When your brain is healthy, you’re better able to pay attention, solve problems, communicate, and much more.

A healthy brain has a lot to do with your lifestyle. Here are 7 steps you can take that make a difference:

Manage your Blood Pressure

High blood pressure is a major risk factor for heart disease and stroke.

When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys, which keeps you healthier longer.

Control Cholesterol

• High Cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke.

• When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages.

Reduce Blood Sugar

Get Active

• Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life.

Eat Better

• Healthy eating habits are important to your overall health. A balanced diet is one that includes a variety of fruits, vegetables, whole grains, and lean proteins.

Avoid Overeating

• Eating mindlessly can lead to weight gain and poor health.

Stop Smoking

• Cigarette smokers have a higher risk of developing cardiovascular disease.

• When you quit smoking, your body starts to repair itself and improve over time.

• The sooner you quit, the better.

• There are many resources available to help you quit smoking, including nicotine replacement therapy (NRT), medication, and support groups.

Condom Month:

Condoms are an important part of sexual health and protection against STIs and unintended pregnancy.

Condom Month is observed in February to raise awareness about the importance of using condoms and to promote their availability and access.

Health Services

Health Services Testing Fees:

- Gonorrhea, Chlamydia, HIV and Syphilis: $40
- Gonorrhea and Chlamydia: $35
- HIV and Syphilis: $25 + HIV: $15 + Syphilis: $10

Health Services Testing Fees:

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Contact Us

Health Services

717-871-5250

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