



Club Carnival

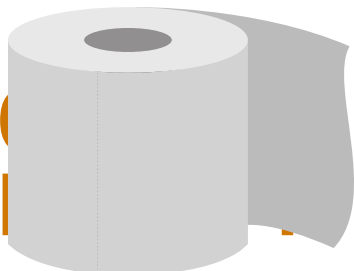
Wednesday, August 29,
5-7pm on Ball Circle



Flu Shots!


Monday, September 17 in the
UC. Contact (540) 654-1040
for more information!


PERC
VS. I




did you know?

UMW students
think that...


✗ 2% 
of their peers have
never used alcohol*


✗ 8% 
of their peers have
never used marijuana*


✗ 14% 
of their peers have
never smoked cigarettes*

WHEN IN
REALITY...



✓ 21% 
of UMW students
have NEVER
used alcohol*

✓ 65% 
of UMW students
have NEVER
used marijuana*

✓ 79% 
of UMW students
have NEVER
smoked cigarettes*



Use
UMW's free
resources!

Need a pain reliever or condoms? Check out the
Self-Care room located on the ground floor of Lee Hall.
Single-dose items are available for free.



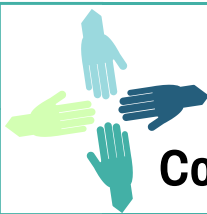
If you're taking
medications, do
not stop!

While college is a great time to start fresh, maintaining
your medication regimen can assist in a smoother
transition.



Self-Care is
more important
than ever!

Adequate sleep, regular physical activity, and a healthy
diet really do help. Don't know where to start? Email
Campus Rec at campusrec@umw.edu.



Join the
Adjusting to
College Group!

If you're feeling overwhelmed, connect with a counselor at
the Talley Center for Counseling Services (540) 654-1053
and learn more!



Prepare for a
healthy you!

Take a picture of your insurance card with your cell
phone. You never know when you might need to go to
urgent care or the pharmacy!



Maintain your
safety!

Download the UMW RAVE Guardian app to have instant
access to UMW Police 24 hours a day/7 days a week.



Stay connected
to friends &
family!

Remember to stay in touch – via phone, text, or
e-mail. They may not be at school with you, but they are
likely just as excited for your accomplishments.

*An email invitation to participate in the National College Health Assessment (NCHA-II) was sent to all of UMW's full-time undergraduates in April 2017. A total of 526 students responded and completed the on-line survey. Students were surveyed about a variety of health-related topics, including disease and injury prevention, nutrition, exercise, and perceptions and behaviors related to alcohol and drug use. Selected data from the latter category are presented here.