

STUDENT health101™

ACTIVELY PROMOTING HEALTH AND WELLNESS ON CAMPUS

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Welcome to College!

You'll be receiving monthly issues of *Student Health 101*, the online health and wellness magazine just for students. Each issue talks about the issues that matter, from eating well and staying active to managing stress and studies, *Student Health 101* has it all.

Please provide your preferred e-mail address below, to make sure you receive the latest issue each month.



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In the Back to School issue...

A TRICKY BALANCING ACT: FREEDOM AND RESPONSIBILITY

Take Control of Your Money: Making Cash Last on Campus

Roommate Survival Guide

GET INVOLVED ON YOUR CAMPUS

What you can do to find your niche

Eating Right:

Making Good Nutrition Part of Your Busy Life

Study Skills That Can Put You on the "A" List