

Health Happens...



A Newsletter Created By EIU Health Service – Medical
Clinic And Health Education Resource Center

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Healthstock 2006

A red poster for Healthstock 2006. At the top, it says "EIU HEALTH SERVICE PRESENTS" in black. The word "Healthstock" is written in large, colorful, bubbly letters with a rainbow gradient. Below that, it says "IN THE STUDENT REC CENTER" in black. In the center is a white caduceus (a staff with two snakes) and a white dove flying to the left. At the bottom, it says "WEDNESDAY MARCH 8" on the left and "6 HOURS OF GIVEAWAYS, FREEBIES, AND HEALTH FUN!" in the center. At the very bottom, it says "10AM-4PM" on the right and the "Health Service Eastern Illinois University" logo on the left.

**EIU HEALTH SERVICE
PRESENTS**

Healthstock


**IN THE
STUDENT REC CENTER**



**WEDNESDAY
MARCH 8**

**6 HOURS OF
GIVEAWAYS,
FREEBIES, AND
HEALTH FUN!**

10AM-4PM

Health Service 
EASTERN ILLINOIS UNIVERSITY

Need a speaker for an event? Want to discuss health topics? We have got you covered...for FREE!

HERC Staff are available to deliver presentations on a wide variety of health-related topics. These topics include numerous holistic interpretations. In the past, presentations have included addiction, alcohol use & misuse, & abuse, alcohol poisoning, contraception, date rape drugs, nutrition, safer sex, transmitted infections, stress management, smoking cessation, and wellness. These are personalized programs to meet your specific needs. Would you like a presentation that is not listed here? Contact us and we will make it happen!

Tired of lines? Do it online!

Eastern Illinois University's Health Service is proud to announce the arrival of e-appointments and more! Managing health care at Eastern has never been easier with our new online health system. Students can now schedule appointments, check their health records, find out lab results and much more without leaving the comfort of their own computer.

For more information, please contact Health Service - Medical Clinic at 581-2727 or visit the medical team at the Human Services Building . Health Service is dedicated to its commitment of creating a healthy EIU.

Health Service Leads Wave of Smoke Free!

As of next fall, every resident hall on campus will be smoke-free. Start planning now for your smoke-free lifestyle. Stop by our office to learn more and get your free Smoking Quit Kit! The quit kit is packed with great tools and information! So, call 581-7786 and ask for Deanna! Start making smart choices today!

Feel Better Fast With the EIU Pharmacy

Sneezing, sore throat, a stuffy nose, mild fatigue, sinus congestion, and an earache are all common signs of a cold. The flu and cold are similar, but the flu's symptoms appear suddenly and can also include extreme fatigue, muscle aches, chills, and a high fever. The EIU Pharmacy provides over the counter remedies without a doctor visit for the common cold as well as other viral illnesses. The pharmacy can also fill prescriptions from home. Payment can be by cash, personal checks, or billed to a student's account.

2006 Free Flu Shot Campaign

Flu shots are here at Eastern Illinois University . This is an excellent idea for all students! Take advantage of a free flu shot by calling 581-2727 to schedule an appointment.

Free Cold Kits!

Now available through HERC are FREE cold kits. These kits include handouts on cold/flu prevention and many useful goodies. Feel free to stop by the HERC to pick up your cold kit today! Prevention is key!

Financial Problems Stressing You Out?

Financial Health is particularly important for college-aged students. Did you know that the average college student has \$16,000 of debt at graduation? Making, learning, and implementing wise financial decisions now will continue to be helpful in the future.

Stephanie Ogle is the Financial Health Coordinator whose goal is to assist students with financial health issues such as budgeting, credit card debt, and identity theft. She also provides one-on-one sessions to assist students with specific financial problems.

Find Out How Healthy You're Really Eating

There is a common misconception you should avoid "bad" food. Remember, that all foods are good. The HERC can provide an explanation to this. Nutritional Assessments provided at the HERC are provided for free. Students fill out an easy 3-day Food Record and have their diet analyzed. This information allows individuals to find out what they can do improve their nutritional values. To schedule a Nutritional Assessment visit www.eiu.edu/~herc to print off your forms or call 581-7786.

Please contact Rachel Z. Fisher at 581-7786 or by email at rzfisher@eiu.edu to learn more about our services.

Thank you for supporting a healthy EIU.