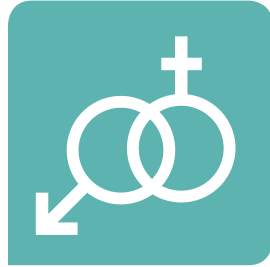




As part of the Health Service, the HERC is EIU's primary resource for healthy lifestyle programming and information.

What We Do:



One-on-one nutritional analysis and healthy cooking classes



Sexual health resources and education for healthy sex practices



Alcohol education and self-assessments

Tobacco cessation sessions

Sleep clinics to help you get a good night's rest

Most of our programs and services are free to students!
Some of the available options include:



Healthy Cooking 101

Peer Health Educators

Color Your Plate

EIU StepsUP!

Collegiate Recovery Community

Sleeping Like A Panther

Freedom From Smoking

Kognito Suicide Prevention

EIU Moves

Rubber Lovers

Your information source for health related topics. Visit www.eiu.edu/herc.

