

# “Just for the Health of It!”

Join SHAC the **third Thursday of each month** and enjoy fun, food and healthy conversations.



## Monthly Health Information Sessions

Attend one or all of the upcoming session.

### BINGE DRINKING

October 19, 2017

“Does Alcohol Affect you? Take Control!”

### ANTIBIOTIC RESISTANCE

November 16, 2017

“A Serious Public Health Problem...When to use..”

### YOUR WELLBEING

December 14, 2017

“Pay It Forward by Serving Others”

### NEW YEAR...NEW YOU

January 18, 2018

“Find Your Strength...Don't Put Off Feeling Fit!”

### PREVENTION AN INTERVENTION

February 15, 2018

“Stand Up! Don't Stand By!”

### MENTAL FITNESS

March 15, 2018

“To Be Healthy as a Whole...  
Mental Wellness Plays a Role”

### SLEEP DEPRIVATION

April 19, 2018

“Sleep is the chain that ties good health  
and our bodies together”



All sessions will be held at 6 p.m. in the 2<sup>nd</sup> floor classroom of the Power Center.

**Free to attend.**

### QUESTIONS?

Contact Health Service at 412.396.5655.

For updates or additional information, find us on

 /DuqSHAC

