

Wellness Center

Developing Healthy Life Styles

www.stthomas.edu/wellness • wellnessctr@stthomas.edu • 651-962-6128

April

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Men's and Women's Health Month

April is Men's and Women's Health Month. The Wellness Center will be providing information on a variety of health topics during the week of April 25th. Look for us outside in the Quad! We will be out in full force offering information, games, and prizes.



Spring Blood Drive

The Red Cross Blood Drive is here and will be taking place on April 13 and 14. On Wednesday, April 13, the blood drive will be held from 10:00am-4:00pm in the Koch Commons Fireside Room. On Thursday, April 14, it will be from 10:00-4:00pm in Murray-Herrick, room 304.

In order to give blood, you must be at least 17 years of age, healthy, and weigh at least 110 pounds. If you regularly donate, you cannot have donated blood in the last 56 days. You must wait at least 12 months after getting a tattoo or traveling to an area where malaria is found. For more guidelines go to: www.redcross.org/donate/give Schedule an appointment to donate blood on the Wellness Center website: www.stthomas.edu/wellness. Volunteers are still need to help with the event. Please call the Wellness Center at 651-962-6128 to volunteer.

Wellness House Event

The Wellness House will have Karaoke Night on April 15 from 4-6pm. Featuring "celebrity" judges, prizes and great food. Prize for all who pre-register by emailing malynch@stthomas.edu

Earth Day



Earth Day is April 22; the Wellness Center is teaming up with the Green Team and Students for Justice and Peace to promote environmentally-friendly lifestyles. During the week of April 18-22, there will be information tables with organic food, pledge sheets and tips for a 'green' lifestyle, the Green Team has put together symposiums on various environmental topics, and the Students for Justice and Peace are working towards reducing the use and waste of Styrofoam in the Grill by letting students fill up their own mugs. Watch for specific dates of events in the bulletin and come join us for Earth Day!

Apply to be a Wellness House Resident

Visit the Wellness Center website for information and an application. Applications are still being accepted.

Upcoming Events:

- April 13 – 14 Red Cross Blood Drive
- April 25 Karaoke Night at the Wellness House
- April 18 – 22 Earth Day Celebration
- May 1 – 8 Cover the Uninsured Week
- May 16 Wellness Stress Spa