Feel Fabulous in February

Feeling the winter blah’s? It’s time to feel fabulous! Throughout February the UHS Health Promotion Office brings you a fun line-up of programs and events, all designed to help you Feel Fabulous in February! Take a yoga class with the Hatha Yoga Club, learn how to sing for stress relief with Trebellious, enjoy a yoga class with the Hatha Yoga Club – we have almost 30 programs scheduled throughout the month. To register, simply request to join our Facebook group: www.facebook.com/groups/FeelFabulousInFebruary

The remaining programs for the month are:

**Wednesday, Feb. 22 – 4:00-5:30 p.m.**

**AIDS Remembrance Quilt Display & Reception**

_Hawkins Carlson Room, Rush Rhees Library_

The University’s AIDS Remembrance Quilt—created in 1994 when the national Names Project AIDS Quilt was exhibited at the University—is on display in Rush Rhees Library’s Lam Square from February 18 to 26. The 12-foot square Rochester quilt bears signatures, tributes, and comments from visitors to the exhibit, many of whom remembered loved ones who died of AIDS. A reception will be held on Wednesday, Feb. 22 (4:00-5:30 p.m.) in the Hawkins-Carlson Room, Rush Rhees Library. AIDS experts William Valenti of Trillium Health and Michael Keefer of the Rochester Victory Alliance are the guest speakers.

**Thursday, Feb. 23 – 2:00-3:00 p.m.**

**Healthy Cooking with Hillside Market**

_Douglass Community Kitchen, 4th floor, Douglass Commons Building_

Think you can’t cook healthy meals with the ingredients found right here on campus? We’ll show you how! Join the UHS Health Promotion Office and the culinary team from Dining Services for a cooking demonstration on Thursday, Feb. 23 from 2:00 - 3:00 pm in the new Douglass Community Kitchen (4th floor, Douglass Commons Building). We’ll purchase all of our ingredients at the Hillside Market and demonstrate quick and healthy meals that you can make in your suite or apartment. Reservations required. To register, email anadelen@uhs.rochester.edu.

**Friday, Feb. 24 – 9:30-4:30 p.m.**

**UR Health Matters!**

_Room 227 & 228, UHS Building_

Complete the National College Health Assessment on Thursday, Feb. 23 or Friday, Feb. 24 and come to the UHS Health Promotion Office on Friday between 9:30 and 4:30 to pick out a prize (while supplies last). The survey only takes about 15 minutes. If you did not complete the survey yet, you will receive an email invitation on Friday, Feb. 24 with the link you need. For more information about the survey, check the UHS website.
Feel Fabulous in February is brought to you by the Health Promotion Office of the University Health Service.

Friday, Feb. 24 – 2:30-3:45 p.m.
Yoga for Stress Relief
MAC, Goergen Athletic Center

Come for a fun workout that will leave you feeling relaxed and stress free. No yoga experience is necessary. Please bring a mat. This event is hosted by the UR Hatha Yoga Club.

Saturday, Feb. 25 – 11:00-12:00
Sing for Stress Relief with Trebellious
Drama House

In this season of snow and exams, it’s not uncommon to lose sight on how well your mind and body are doing. Join us on the 25th to help re-center your mental wellness and feel grounded with music. Part of the month-long "Feel Fabulous in February" event, we invite you to join us in feeling fab!

Monday, Feb. 27
Day Without Mirrors
Mirrors in Wilson Commons & other mirrors on campus
On Monday, Feb. 27, the mirrors in Wilson Commons will be covered. Look for the positive affirmations on the mirrors – and add your own. The Day Without Mirrors is brought to you by Active Minds.

Monday, Feb. 27 – 4:00-5:00 p.m.
Table: Ask Me About HPV
ITS Hallway

Stop by our table to learn about HPV – human papillomavirus – and what it means for you. We will have information about the HPV vaccine, a safe and effective vaccine that most commonly cause prevents cancer caused by HPV. Don’t forget – on Friday, March 3, UHS will be holding an HPV Vaccine Clinic. Check it out below.

Monday, Feb. 27 – 6:00-7:30 p.m. and 7:30-9:00 p.m.
Day of the Dogs
Lobby, Goergen Athletic Center and Lobby, Rush Rhees Library

It’s time for some stress relief. Come visit the therapy dogs in two locations on Monday, Feb. 27. The dogs are sure to give you a break in your busy schedule and to help you relax. The first location is the Goergen Athletic Center from 6:00-7:30 p.m. The second group of dogs will be ready and eager to see you in the lobby of Rush Rhees Library from 7:30-9:00 p.m.

Tuesday, Feb. 28 – 5:00-6:30 p.m.
#LoveTheWayUR
Lobby, Goergen Athletic Center

As part of National Eating Disorder Awareness Week, join us for a short, free, anonymous screening on Tuesday, Feb. 28 from 5:00-6:30 p.m. If you have questions, contact the University Counseling Center at 585-275-3113.

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**Wednesday, March 1 – 4:00-6:00 p.m.**  
**Table: Ask Me About HPV**  
*Hirst Lounge, Wilson Commons*  

Stop by our table to learn about HPV – human papillomavirus – and what it means for you. We will have information about the HPV vaccine, a safe and effective vaccine that most commonly cause prevents cancer caused by HPV. Don’t forget – on Friday, March 3, UHS will be holding an HPV Vaccine Clinic. Check it out below.

**Friday, March 3 – 1:30-4:30 p.m.**  
**HPV Vaccine Clinic**  
*Room 220, UHS Building*  

UHS will be holding an HPV Vaccine Clinic on Friday, March 3 from 1:30-4:30 in Room 220 in the UHS Building. This clinic is the perfect opportunity to receive the HPV vaccine. The clinic is on a first come, first served basis. Aetna Student Health covers the cost of the vaccine. Students on other insurance plans are encouraged to check with their insurance company to verify coverage before coming to the clinic. HPV vaccine is a safe and effective vaccine that protects people from most cancers caused by HPV. For more information about HPV vaccine, check the [CDC web site](https://www.cdc.gov/).  

Thank you for joining the UHS Health Promotion Office for our **Feel Fabulous in February** programs & events.