

The Monthly InSTALLment

Words to wiz by since 2005! 

What is so F-A-B-U-L-O-U-S about February?

It's a month long opportunity for you to find ways to keep your motivation and wherewithal to get through the winter here at UR. The UHS Health Promotion Office has many programs in store for you! If you have questions about the programs or events or would like more information about us, come visit us on the 2nd floor of the UHS Building or email mkelley@uhs.rochester.edu. We hope to see you at our events this month!



Healthy Heart Dinner

Join us for an evening of delicious heart healthy food, games, and entertainment!

February 2nd @ 5:00-7:00 pm
Danforth Dining Center

Healthy Monday Study Break

FREE resources and fun activities to jump start a fun and safe spring break!



February 28th @ 11:00am-1:00pm
WC Hirst Lounge

Dining with Decorum*

The finer points of etiquette and dining in a professional setting. Watch a fashion show of business attire and learn rules of etiquette while you enjoy a five-course meal!

February 23rd @ 5:00pm and 7:30pm
The Meliora

*Tickets available at the Common Market



FREE HIV Testing!

When:

February 15th

4:30-6:30pm

Where:

UHS Building, 2nd Floor

Registration Required



Need to register for HIV testing?
agleichman@uhs.rochester.edu

Nothing great was ever achieved without enthusiasm.
Ralph Waldo Emerson

Paws for Stress Relief

Do you like dogs? Do you miss your pets at home? Take a break from studying to visit with (and learn about) therapy dogs!

February 28th
6:00-8:00pm



Do you "move-it" safely?



On February 14th come "move-it safely" with the UHS Health Promotion Office in WC Hirst Lounge from 11:00am-1:00pm!

Are you a Flexitarian?

February 21st @ 5-8:00pm @ Danforth
Be There!



is brought to you by

Healthy Monday 
The day all health breaks loose

and

UHS Health Promotion Office 

Thank you to all of our co-sponsors!

Dream Analysis

Wonder what your dreams mean? Come find out!

February 8th @ 7:00pm
UHS Building
2nd Floor Classroom



Looking for event details?
www.rochester.edu/uhs

Health Fair

Light box therapy, meditation, mindfulness, Reiki, Hatha Yoga, and

FREE Massages!

February 7th
11:00am-1:00pm
WC Bridge Lounge

Weight Lifting for Women

Interested in weight lifting but not sure where to start? Come to a class just for you!

February 19th

8:00pm
Goergen Athletic Center



Did you know...

Heart disease is the No. 1 killer of women, taking the life of 1 in 3 women each year?

That heart disease claims the lives of over 433,000 American women each year?

Did you know...

February 4th is National Wear Red Day. This day is part of the American Heart Association's **Go Red For Women**® campaign that supports awareness, research, education, and community programs for women.



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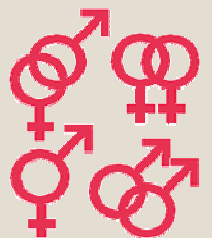


Do you identify as an LGBTQ student?

UCC is looking for individuals who identify as Gay, Lesbian, Bisexual, Transgendered, Queer or Questioning to join a semester long interpersonal group.

The group will begin February 7th @ 5:00-6:30pm. The goal is to help folks deepen their connection to others, grow as individuals, and engage more meaningfully with those in and outside of the group.

Want more information? Email sboilen@ur.rochester.edu or ylin43@ur.rochester.edu or call 585.275.3113.



Questions about the Monthly InSTALLment? mkelley@uhs.rochester.edu