

## It could happen to you!

Watch your VCU e-mail and  
enter to win a Wii or iPod Touch!

**T**he Wellness Resource Center is conducting the National College Health Assessment online survey beginning Feb 18. Five thousand randomly selected VCU students will be invited to participate.

Selected students will receive an e-mail to their VCU accounts with their personal access codes. All who complete this confidential survey will have a chance to win one of more than 50 prizes, including a Nintendo Wii, an Apple iPod Touch, or a Limited Edition VCU Canteen.

Contact [kevatalaro@vcu.edu](mailto:kevatalaro@vcu.edu) for more information.



### Wellness Wednesdays

Listen to WVCW on Wellness Wednesdays noon–12:30 pm and have lunch with **The Well**, with Xavier Bey as our host!

[www.wvcw.org/listen.m3u](http://www.wvcw.org/listen.m3u)

**Feb 3 "HIV/AIDS"** with special guest Shawn McNulty of the Fan Free Clinic.

**Feb 10 "Be Good to your Heart"** with Katie from **The Well**.

**Feb 17 "VCU Voices"** with Eric Hill, CT opinion editor.

**Feb 24 "Greek Week Panel"** with Kristen from **The Well**.

### Private events at gym

Is your student group looking for an alcohol-free, late night activity? You can reserve the sparkling new Cary Street Gym on Friday and Saturday nights until midnight. Email [krcarden@vcu.edu](mailto:krcarden@vcu.edu) or call 804 827-0323 two weeks prior to your event to reserve your space.

### Join Healthy Fit!

College students come in all ages, shapes, and sizes; and a class schedule can keep you really busy. But with nutrition knowledge and fitness instruction, you can learn how to maintain a healthy body even with a hectic schedule.

Sign up for a FREE eight-week weight loss program! It's set for Thursdays at noon, Cary Street Gym, beginning Feb 18. Registration deadline is Feb 10; call 804 828-9355 or email Karen Konopelski at [klkonopelski@vcu.edu](mailto:klkonopelski@vcu.edu).

### LGBTQ students are more likely than others to smoke

**The Well** can help if you want to quit! ALL students are welcome to stop by **The Well** for a free Quit Kit. Or make an appointment with Student Health (804 828-8828) for a free smoking cessation session. Linda can help identify triggers to smoking and give you quitting options.

### Calendar

Feb 2, 11 am–3 pm, FREE Rapid HIV testing, **The Well**  
Feb 12, 6–9:30 pm FREE Self-Defense seminar, Student Commons Virginia Rooms (sponsored by Sigma Phi Epsilon)

## Plan on it

### In Search of a Better Buzz

**W**hen you drink, is it the buzz you're after? If so, these tips can help you stay safe while you have fun:

**Eat before drinking**—alcohol is absorbed more effectively in the small intestine than in the stomach. Having food before drinking keeps the alcohol from being dumped immediately into the small intestine so alcohol gets absorbed into the bloodstream more slowly.

**Start hydrated, stay hydrated**—alcohol dehydrates you and this dehydration can lead to nasty hangovers. Stay ahead of the game! Drink water before drinking alcohol and while drinking alcohol.

**Be intentional**—smart drinkers have a plan for how much and how long they're going to drink. They know who they're hanging with and how they're getting home.

**Know what you're drinking**—think a martini is the alcohol equivalent of a beer? You might need to go to bartender school! If you're in the dark about what constitutes a standard drink, stop by **The Well** for more information.

**Alternate**—sipping all drinks slowly and alternating non-alcoholic beverages with alcoholic beverages keeps you hydrated and helps keep you in the buzz zone and out of the danger zone.

**Feeling sad? Tired? Angry? Anxious?** Drinking can amplify these feelings and get out of control quickly. Look for some ways to boost your mood naturally like trying a new class at Cary Street Gym, calling a friend to go out for coffee, or choosing an event from the Telegram that is outside of your comfort zone.

If you overdo it, once you sober up, take some time to consider why you drank more than you meant to and strategize on how you can stick to your plan in the future.

If you'd like more information on maximizing enjoyment while minimizing the risks of alcohol, **The Well** offers free classes. Call 804 828-9355 for more information!