

Making Choices

Attending college is about pursuing academic and personal goals, exploring your world and making connections. It can also be a time to build the foundation of a healthy lifestyle and get to know oneself intellectually, physically and emotionally. All students have the opportunity to learn the skills necessary to make comfortable choices about their health. Maybe you wonder what to eat in the dining halls, if and when to exercise, how to care for yourself when sick, when to seek medical care, how to manage stress, or how to get enough sleep. The Health Promotion and Wellness Program at Wellesley provides the information and tools to support you.

Mission Statement

The Health Promotion and Wellness Program supports the mission of the Health Service by providing education and outreach on campus to promote healthy lifestyles and to prevent disease. Our goal is to make good health a lifelong pursuit by providing education regarding healthy lifestyles, prevention of disease and injury, management of chronic illness or disability, and access to our healthcare system.

Program Planning and One-on-One Support

We provide information and support around:

- ▲ Res. Hall programs
- ▲ Collaboration with student cultural groups
- ▲ Services to athletes
- ▲ Individual student meetings
- ▲ Referrals
- ▲ Small group discussions
- ▲ Greater Boston community Resources
- ▲ Large-scale campus events

If you would like to discuss a program or topic you don't see listed in this brochure, let us know!

Helpful Websites

Here are some useful places to start your search (please see insert for more sites):

Women's Health & Self-Care

Centers for Disease Control: www.cdc.gov

National Institutes of Health: www.nih.gov

The Mayo Clinic's Tools for Healthier Lives:

www.mayoclinic.com

Our Bodies, Ourselves Women's Health

Information: www.ourbodiesourselves.org

National Women's Health Network:

www.womenshealthnetwork.org

Columbia University's Health Q&A Resource:

www.goaskalice.columbia.edu

Health Promotion and Wellness Program

Health Promotion
materials available in the
Health Center

"Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."

-World Health Organization,
1948

Take Care!

Meet the Team

The Health Promotion and Wellness Team is available for programs or consultations in your Residence Hall or for your student organization. Each member of the Team serves as a liaison to a specific area of the campus. The liaison is available to the RDs and res staff in that area for consultation regarding health issues and for assistance with health related programs and events (i.e. Breast Cancer Awareness Month). All educators can be contacted about stress reduction and relaxation programs as well as their areas of expertise, no matter where you live or where your organization is based.

Catherine Collins, MS, Director: x 2821;
Liaison to Tower Complex, Lake House, Casa Cervantes, Davis Scholars; Advisor to SHEs and the BHEs.

- Finding Balance in Your College Career
- Relaxation Techniques
- Body Image and Self-Esteem
- Making Choices about Your Health
- Coping with Stress
- Caring and Connection
- Stress and Food
- Sleep
- Permission to Pause
- Physical Activity

Denise Garlick, RN, Community Outreach Nurse Educator: x 3766; Liaison to New Dorms, Dower, and Small Halls.

- Colds, Flu & Handwashing
- How to Use the Health Service
- Coping with Chronic Illness
- Coping with Stress
- CPR and First Aid
- Health Empowerment for Athletes
- Allergies

Stacy Hill, MSW, Health Educator: x 3765;
Liaison to the Quint.

- Healthy Relationships
- Party Smart: Choices about Alcohol
- The Gender Gap: Women and Alcohol
- Sexuality and Self Image
- Media and Health Literacy
- Assertiveness: Speaking Your Mind
- LGBTQ issues
- Sexual Assault
- Disordered Eating/Healthy Eating
- Helping Friends Make Healthy Choices

Our Extended Team

Carolyn Butterworth, Dietician: x 2810

- Individual student appointments
- Snacking tips
- Tailored plans for eating
- Disordered eating concerns
- Vitamins and dietary supplements
- Support for student athletes

Dawn Balcazar, PhD, Psychology and Coordinator of Counseling Outreach: x2839

- Program and event support
- Training for student leaders
- Individual consultation

Christine Lens, APRN, MSN Women's Health Nurse Practitioner: x2826 ; SHE Consultant

Peer Educators: Contact the Sexual Health Educators (SHEs) through the SHE-mail conference. Contact the Balance Health Educator rep (BHE) for your residence Hall.

The SHEs focus on sexual health and the BHES cover a variety of topics such as, self-care, nutrition, stress reduction, sleep, physical activity and body image.

Resources

Come visit the Health Promotion Office anytime during Health Service hours. Feel free to stop in, browse and make use of our:

- **Pamphlet shelf** contains reading on a range of topics such as stress, sleep, exercise, nutrition, contraception, STIs, etc. Come in and gather information about health issues that interest or concern you.
- **Lending library** is a collection of books (such as *Our Bodies, Ourselves*), and relaxation CDs are available for students to borrow. You may come to check out these items, but please remember to return them in a timely fashion!
- ***Health Tips for Wellesley Women*** is a booklet of health information for students. It can be accessed on the Health Center's website.

Wellesley College Online

The Health Service: www.wellesley.edu/Health
Stone Center Counseling Services: www.wellesley.edu/Counseling
Sexual Health Educators (SHEs): www.wellesley.edu/Activities/homepage/she/home.html
Sexual Assault Awareness for Everyone: www.wellesley.edu/Activities/homepage/saafe/home.html

Helpful Websites

Looking for accurate, unbiased health information online? A few guidelines can help you sift through the clutter to find reputable sources.

1. Avoid sites with blatant or embedded advertising, endorsements or reference to brand-name products or services.
2. In general, sites ending in ".org" and ".gov" are more reliable than those ending in ".com".
3. Compare information across a few sources. Look for recently dated posts or updates and articles with references. If information conflicts, ask your health care provider for clarification.
4. Information online can't substitute for individual assessment by a health care provider. Gather information and then make an appointment to discuss your unique situation.

Here are some useful places to start your search:

College Health, LGBTQ Health & Healthy Relationships

Advocates for Youth's Healthy Relationship pages:

www.advocatesforyouth.org/youth/health/relationships/index

Boston's Fenway Community Health:

www.fenwayhealth.org

National Coalition for LGBT Health:

www.lgbthealth.net

Physical Activity, Fitness & Healthy Eating

National Library of Medicine:

<http://medlineplus.gov/>

American College of Sports Medicine:

www.acsm.org

American Dietetic Association:

www.eatright.org

Cooking Light's Web site (ignore the ads!):

www.cookinglight.com

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Violence & Sexual Assault

Boston Area Rape Crisis Center:

www.barcc.org

Center for Violence Prevention and Recovery (Boston's Beth Israel Deaconess Medical Center):

www.bidmc.harvard.edu/violenceprevention

National Youth Violence Prevention Center:

www.safeyouth.org

Sleep, Stress & Relaxation

National Sleep Foundation:

www.sleepfoundation.org

TeensHealth Stress pages:

http://kidshealth.org/teen/your_mind/emotions/stress.html

Hobart and William Smith Colleges'

Relaxation pages:

http://www.hws.edu/studentlife/counseling_relax.aspx

Alcohol & Other Drugs, Tobacco & Smoking Cessation

National Clearinghouse for Alcohol & Drug

Information: <http://ncadi.samhsa.gov/>

Online Help for MA Smokers:

www.trytostop.org

American Cancer Society: www.cancer.org

Body Image, Self Esteem & Eating Disorders

National Mental Health Information Center:

<http://mentalhealth.samhsa.gov/>

Self Esteem and Media Literacy site:

www.about-face.org

National Women's Health Information

Center: www.4women.gov/bodyimage/

National Eating Disorders Association:

www.nationaleatingdisorders.org

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