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SWOSU BULLDOG WELLNESS

Newsletters

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December 2019

SWOSU Bulldog Wellness Committee

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SWOSU

Wellness Newsletter

December 2019

World AIDS Day

World AIDS Day is a global initiative to raise awareness, fight stigma, and improve education about HIV, the virus that causes AIDS. Around the world, about 37 million people are living with HIV. In the United States, about 38,500 people get infected with HIV every year and many of which don't even know they have it. World AIDS Day is a global initiative to raise awareness, fight prejudice, and improve education about HIV and AIDS.

The only way to know if you have HIV is to get tested. It's important that everyone ages 15 to 65 gets tested for HIV at least once.

How can World AIDS Day make a difference?

We can use this day to raise awareness about HIV/AIDS, encourage people to get tested, and take action to support people living with HIV.

SWOSU offers HIV testing and counseling in the Health Services department that's located in the Wellness Center. There is no charge to see the university nurse. A charge of \$10.00 applies for a physician visit made with a local physician contracted with SWOSU. Immunizations received at Student Health Services are charged separately.

Safe Toys and Celebrations Month

The American Academy of Ophthalmology recognizes one or more observances dedicated to raising awareness about important eye health topics. December takes a look at the importance of safe toys around young children.

Roughly 1 in 10 children's eye injuries that end up in the ER are caused by toys. In support of Safe Toys and Celebrations Month this December, the American Academy of Ophthalmology advises parents to be cautious when choosing holiday gifts for young people and recommends avoiding those that launch projectiles. It's also case to pay attention to the age suggestions on each toy and buy accordingly.

Fall into Fitness T-shirts



Fall into Fitness T-shirts are still available at \$10 a piece and can be purchased by contacting Sarah Yount at (580) 774-6042 or sarah.yount@swosu.edu

Free Employee Massages

Did you know that stress can affect you both mentally and physically?

There are numerous emotional and physical disorders that have been linked to stress including:

- Depression
- Anxiety
- Heart attacks
- Stroke
- High blood pressure (hypertension)
- Immune system disturbances that increase susceptibility to infections
- Skin problems (rashes, hives)
- Stomach issues
- Disrupted sleep

There are many things in life that can cause us stress. Finding ways to reduce or manage stress in a healthy way is very important. Below are a few ideas to help you reduce stress:

- Find a hobby
- Be physically active
- Ask for help
- It is okay to say “no”
- Stretching
- Meditating
- **Massages!**

Come enjoy a free 10 minute massage!

- December 4th and December 9th Weatherford Campus - 3rd court in the Wellness Center.
- December 5th OKC Sites – Pasteur Medical Building
- December 6th Sayre Campus

Click the link below to reserve a date and time!

https://docs.google.com/spreadsheets/d/19j1nn8vjp7lvXog7_sF9hiEnqs6hDjZukVBjtjigEug/edit?usp=sharing

Blood Drive

The Oklahoma Blood Institute will be hosting a Blood Drive in the Wellness Center on December 2nd and 3rd from 11:00AM-4:00PM.

Stay Connected

Visit the link below to see upcoming programs and classes offered by the Wellness Committee. You can also explore additional information regarding health and wellness provided by SWOSU in the tabs on the left hand side.

<https://www.swosu.edu/bulldog-wellness/index.aspx>