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SWOSU BULLDOG WELLNESS

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SWOSU Bulldog Wellness Committee

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BULLDOG WELLNESS

A newsletter brought to you by The Bulldog Wellness Committee

APRIL 2023

A trusted source for health information

When you have a health question, your first call should be to your health provider. Another source for Health and Wellness information is MedlinePlus, the online health information resource of the National Library of Medicine, which is part of the National Institutes of Health.

Sections include Health Topics, Drugs and Supplements, Medical Encyclopedia, Medical Tests, Genetics and Health Recipes. To the right is a sample form the Health Topics section.

The articles are easy to read and offered in several languages besides English.

MedlinePlus is available at <https://medlineplus.gov/>



<https://newsinhealth.nih.gov/2021/07/step-it-up>

Tips for making your day more active from the National Institutes for Health:

- Take the stairs instead of the elevator.
- Park your car at the far end of the street or parking lot.
- Try an online exercise class to stay active from home.
- Set an alarm to go off every hour as a reminder to move around for a minute or two.
- Have small weights in your office ... for doing arm exercises.
- Take a walk on your lunch breaks.

OU Health Mobile Mammograms coming to SWOSU

The Breast Health Network mobile mammogram unit will be on the Weatherford campus April 11 in the N. Caddo and Davis parking lot. To schedule an appointment, please call 800.422.4626 ext. 49760 or 49761.

For more information, contact Carol Sides, carol.sides@swosu.edu, 580.774.3071

The mobile unit will also be on the SWOSU campus on June 7-8.