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SWOSU BULLDOG WELLNESS


Current Newsletters

10-2024

October 2024

SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

October 2024

Remember
SCAVENGER HUNT

Now until November 18
See the September Newsletter for
more details

BREAST CANCER

awareness month

BREAST CANCER IN THE U.S. WILL AFFECT



OVER THE COURSE OF HER LIFETIME

PREVENTION TIPS



RISK FACTORS

ALCOHOL

Breast cancer risk
increases with the amount
of alcohol a woman drinks.

SMOKING

Smoking is associated
with a small increase in
breast cancer risk.

OBESITY

Being overweight is
associated with increased
risk of breast cancer.



APPROXIMATELY 1 OUT OF
EVERY 100 BREAST CANCER
DIAGNOSES IN THE U.S. IS
FOUND IN A MAN.

INFORMATION PROVIDED BY:

[HTTPS://WWW.BREASTCANCER.ORG](https://www.breastcancer.org)

[HTTPS://WWW.CDC.GOV/CANCER](https://www.cdc.gov/cancer)

This month was named Breast
Cancer Awareness Month to
create awareness and/or remind
you to get screened. Don't be one
of the 42,000 women in the U.S.
who die each year from this
disease.

SWOSU Bulldog Wellness is on Facebook! Check it out!

<https://www.facebook.com/groups/195822667437735/>



Online Wellness Resources can be found on the SWOSU website at

<https://bulldog.swosu.edu/student-services/health-counseling/wellness-resources.php>



Employee Wellness Screenings – October 25th

Sign up to reserve your time with this link

<https://docs.google.com/spreadsheets/d/1XNONx1FtJ0Q31j7j6jW0vCMPVle3i3sB/edit?gid=505489414#gid=505489414>



Employee Massages – November 5th and 6th

Sign up reserve your time with this link

<https://docs.google.com/spreadsheets/d/17RKEkT5CtBILNlyew475C4A48RhG9BU/edit?usp=sharing&oid=117517003445633388215&rtpof=true&sd=true>

SAVE
THE
DATE

Wellness Map

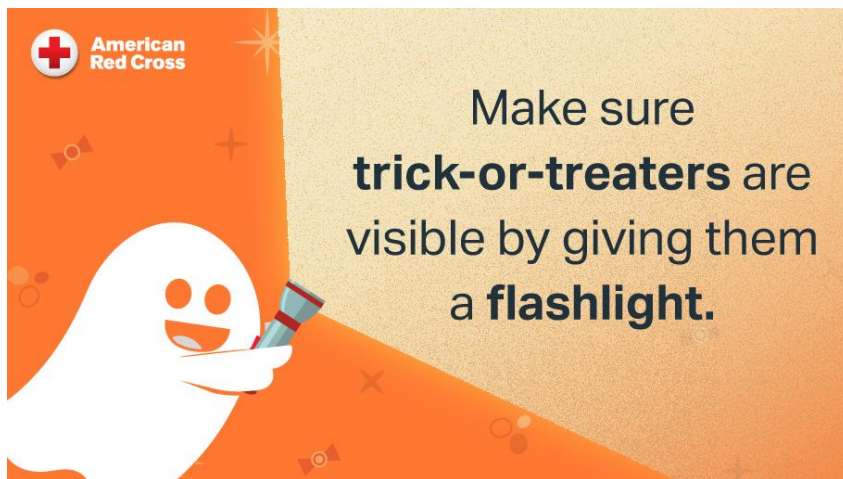
Revive. Reflect. Recharge.



- 1 Al Harris Library**
Read, escape, lose yourself
- 2 Alumni Centennial Clock Tower/Bulldog Plaza**
Stop and enjoy nature
- 3 Student Union Outdoor Commons/Bulldog Beanery/Commuter Lounge**
Snack, sip, hang out, laugh
- 4 Greenhouse**
Get some Vitamin D
- 5 Hammock**
Swing, dream, nap
- 6 Hilltop Theatre**
Take steps to your goals
- 7 Intramural Fields**
Spend time with positive peers
- 8 Learning Lounge**
Journal, study, enjoy
- 9 Memorial Student Union**
Use positive self-talk, spread kindness
- 10 Outdoor Basketball Courts**
Fitness, verdure, shape
- 11 Milam Stadium**
Get fresh air while expressing school spirit
- 12 Relaxation Station (In Counselors office)**
Mediate, de-stress, focus
- 13 Sand Volleyball Courts**
Do physical activities, soundness, robustness, fitness
- 14 Swimming Pool (Rankin Williams Fieldhouse)**
Notice how the water feels on your body
- 15 Wellness Center/Fitness Equipment/Rock Wall/Track/Yoga**
Run, walk, climb, bring your attention to your breathing and agility
- 16 Writing Center**
Journal and reflect
- 17 Bulldog Food Pantry**
Look what we can do together

10 ways to Keep Trick or Treaters Safe this Halloween

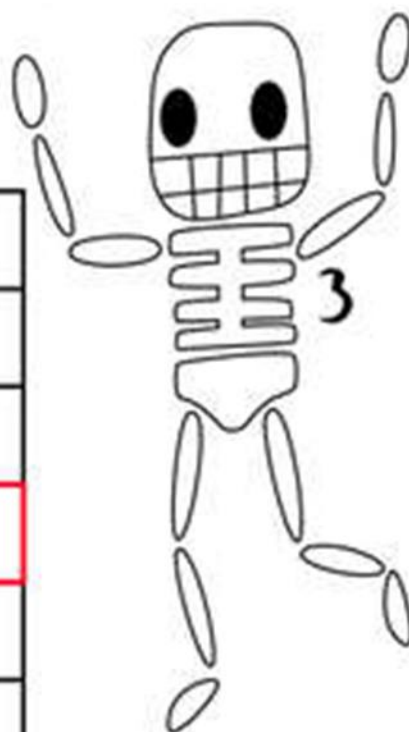
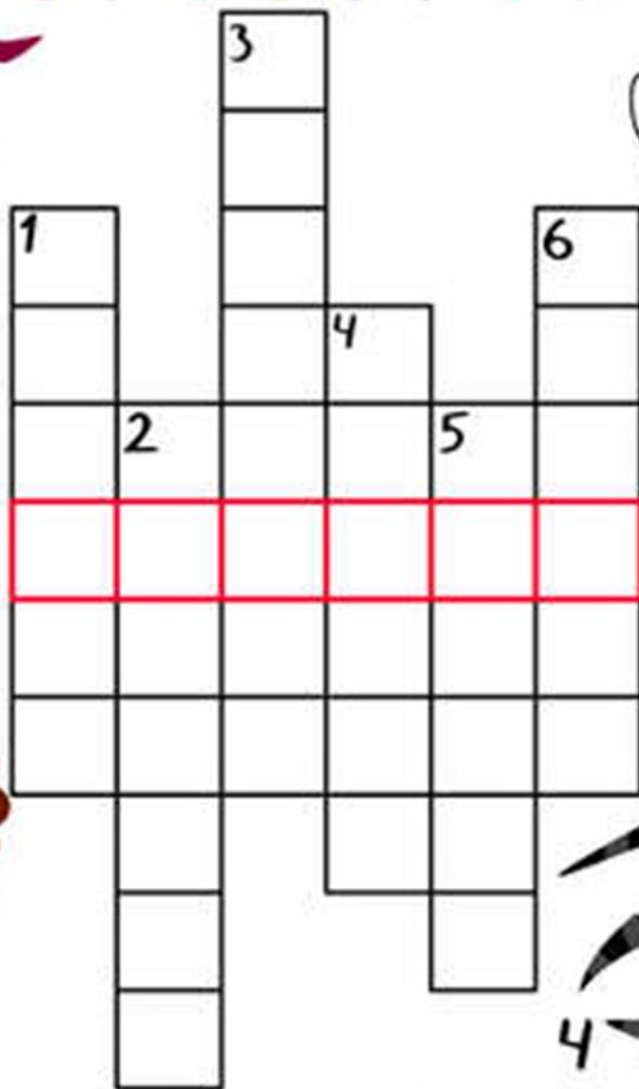
Halloween is just days away. Little superheroes, cartoon and television characters will soon be out in their neighborhoods for trick or treat fun. The American Red Cross has tips parents can follow to help keep the kids safe while enjoying the festivities.



1. Trick-or-treaters need to see and be seen. Use face makeup instead of masks which can make seeing difficult. Give trick-or-treaters a flashlight to light their way. Add reflective tape to costumes and trick-or-treat bags. If possible, have everyone wear light-colored clothing.
2. Use flame-resistant costumes.
3. When choosing costumes, stay away from long trailing fabric.
4. Make sure adults know where the kids are going. A parent or responsible adult should accompany young children door-to-door.
5. Be cautious around animals, especially dogs.
6. Walk, don't run.
7. Only visit homes that have a porch light on. Accept treats at the door and never go inside.
8. Walk only on sidewalks, not in the street. If there are no sidewalks, walk at the edge of the roadway, facing traffic. Look both ways before crossing the street, and cross only at the corner. Don't cross between parked cars, and don't cut across yards or use alleys.
9. Drivers — use extra caution as youngsters may forget to look both ways before crossing.
10. A grown-up should check all goodies before eating. Make sure to remove loose candy, open packages and remove any choking hazards. Discard any items with brand names that you are not familiar with.

HALLOWEEN

CROSSWORD



1.Purple 2.Costume 3.Skeleton 4.Spider 5.Zombie 6.Orange