STUDENT HEALTH WEEK

**APRIL 22-25th**

**Brought to you by the ASUW Student Health Consortium**

**🡪 Want more info? Check out health.asuw.org**

DAFSDF

MONDAY

GENERAL HEALTH

TUESDAY

MENTAL HEALTH

WEDNESDAY

NUTRITION

THURSDAY

PHYSICAL HEALTH

FRIDAY

SOCIAL HEALTH

**The BIG Tent Event // outside of the HUB**

**10:30-2:30**

To kick-off the week we explore a variety of aspects to general health with a variety of tables focusing on sexual health, alcohol awareness, drug safety and mental health. In addition we are partnered with Project Canine to offer you some dog therapy.

*Co-Hosted by UHELP and Project Canine*

**Sleep // HUB 340 @ 12:30-1:30**

Join us for a discussion on answers to the questions:

“What benefits do I gain from sleep?”

“How can I maximize my sleep?”

**1st Annual UW Market // outside of the HUB @ 11:30-2:30**

SHC brings you UW’s first every Farmer’s Market. The market will feature a variety of local, sustainable and organic vendors along with live music!

*Co-Hosted by: Food Co-Op, Real Food Challenge, and UW Farm*

**Check Your Boobies // HUB 340 @ 12:30-1:30**

1 in 8 women will develop invasive Breast Cancer over the course of their lifetime. Come join us and the Check Your Boobies as we bring you a story from a Breast Cancer survivor and how to screen yourself.

*Co-Hosted by: Check Your Boobies*

**Locally Working Globally // HUB 334 @ 2:30-3:30**

Join us as we discuss local efforts to support Global issues.

**Part I:** How can we work locally to help globally?

**Part II:** Seattle Ambassador Program

*Hosted by Seattle International Foundation and the City of Seattle*