

# Healthy Monday

**The Day All Health Breaks Loose**



All programs are held in the Center for Health and Wellbeing, room 0121 of the Epley Recreation Center. For more information please call 301.314.1493 or email [chwb@health.umd.edu](mailto:chwb@health.umd.edu)

## **Sex, etc.**

**Monday, 10/19/09 6:30-8:30pm**

Join our panel members from campus and local health agencies for a discussion about LGBT sexual health resources in the Metro DC area.

## **Every-Body's Different: Learn how to love yourself inside and out!**

**Monday, 10/26/09 6-7pm**

Learn about body image, including what can influence our image, and the benefits of loving your body. Through interactive activities, participants will become more aware of their own body image and will learn how to establish a healthy ideal!

## **Want More A's? Get More Zzzz's!**

**Monday, 11/2/09 6-7pm**

Find it hard to get the recommended 7-8 hours of sleep you need or are you battling insomnia? Getting enough sleep each night can help boost your grades; this workshop will teach you how to get your sleep back on track.

## **Money Matters!**

**Monday, 11/16/09 6-7pm**

Learn to manage your money so you can reduce your stress now and for years to come!

## **Beat the Winter Blues!**

**Monday, 12/7/09**

Don't let the winter blues get you down. Stop by the Center for some last minute trips for surviving the holiday season.

**The Center for Health and Wellbeing is a satellite office of the University Health Center. The Center provides services and programs to assist the campus community in improving their wellness.**