

# Stall Seat Journal

## Wellness Jeopardy for Spring Break Send Off!

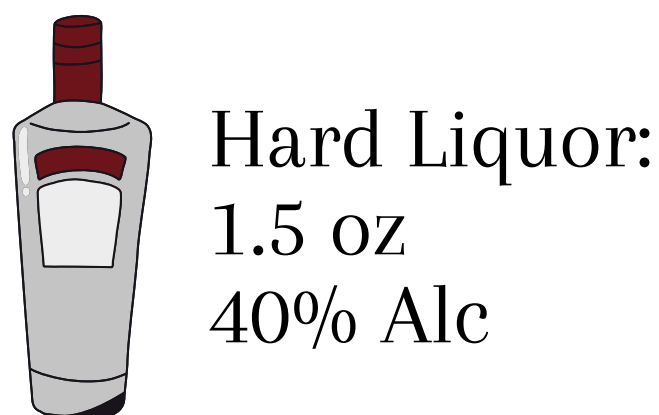
March 5th, E- Cafe, 6- 7:30 pm

### Alcohol Safety Tips

- Know what you're drinking
- Don't leave your drink unattended
- Check in with yourself
- Know your limit
- Always have a buddy
- Trust your instincts
- Be aware of changes in your body

### Signs of an Alcohol Overdose

- 1) Mental confusion
- 2) Slow heart rate
- 3) Low body temperature
- 4) Difficulty maintaining consciousness
- 5) Clammy skin



## BEACH TIPS

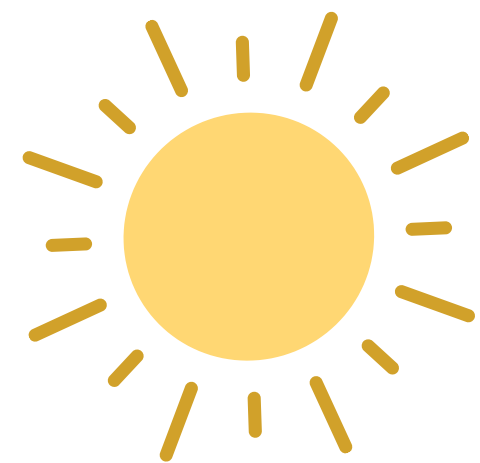
- Apply sunscreen every 2 hours
- Drink water frequently
- Carry snacks
- Protect your eyes with sunglasses
- Monitor weather conditions



## TOP DESTINATIONS FOR 2024

Cancun	Miami Beach
Siesta Keys	Cabo San Lucas

REMEMBER! →



**Alcohol causes dehydration.**

It is especially important to drink a lot of water when consuming alcohol while spending time in the sun!

## PHYSICAL HEALTH MATTERS



Walk- 30 min

Yoga- 30 min

Cycle- 30 min

Run- 20 min

# TIPS FOR SAFER SEX

Avoid excessive consumption of alcohol or other drugs before engaging in sexual activity.

Use a barrier method every time you have sex!

MOST IMPORTANT  
**ALWAYS GET CONSENT!**

Get tested for STIs, and encourage your partner(s).

## HIV AND STI TESTING

### **Walk-in hours:**

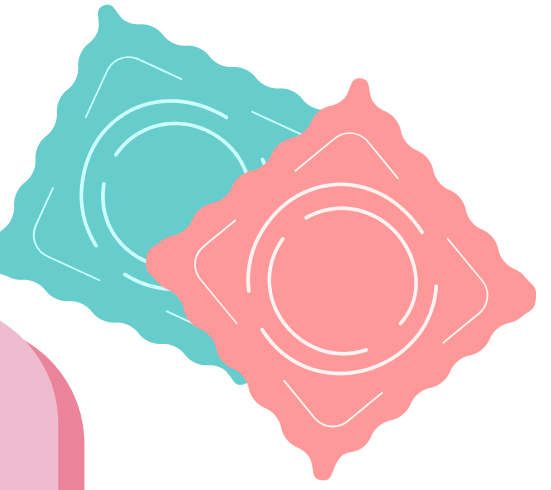
Mon, Wed, Thurs and Fri:

8-11am & 1-3 pm

Tues: 9-11am & 1-3pm

Open to all UWL and WTC students!

Available at the Student Health Center



Before you travel, know your status!

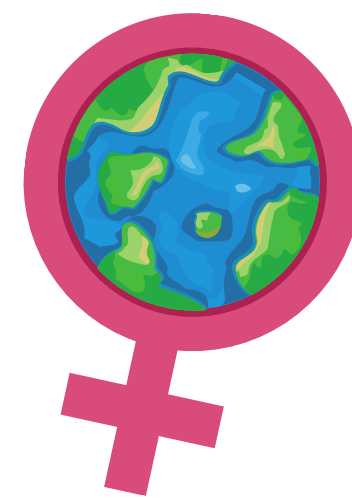




## WOMEN'S HISTORY MONTH

Our time to honor women's contributions in  
American History.

1987: Women's History Month  
was founded



2024 Theme: "Women Who Advocate  
for Equity, Diversity and Inclusion"

The colors for this month are  
green, purple, and white.



## WHAT CAN I DO?

Realize the inequities  
that still exist.  
Explore things like  
the wage gap.

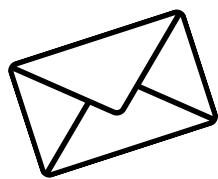
Educate yourself on  
women's history  
and suffrage.

Support women in all  
fields for their  
accomplishments.  
Women represent  
27% of Congress!

# Resources

## Wellness & Health Advocacy

608-785-8977 | 149 Graff Main Hall



wellness@uwlax.edu

@uwlpeerhealth

## Violence Prevention

608-785-5126 | 149 Graff Main Hall

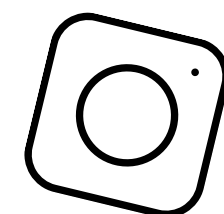
advocate@uwlax.edu

@uwlviolenceprevention

## Counseling and Testing Center

608-785-8073 | 2106 Centennial Hall

@uwlctc



## Student Health Center

608-785-8558 | 1300 Badger Street

shcnetworking@uwlax.edu