

Wellness Events

Fall 2009

Sponsored by Health Services



Wednesday, September 30

Sexual Violence on Campus

7 p.m. - 8:15 p.m., Gest Center, Room 101

View the film *Acquaintance Rape - The Ultimate Betrayal* produced by Arnold Shapiro Productions. Explore society's myths concerning rape and sexual assault. Examine students' views about sexual violence. Learn how to reduce risks of becoming a victim and about resources available.

Sponsored by the Haverford College Health Center and Women's Center.
Guest Speaker: Theresa Cox, Prevention Education Specialist from Victims Service Center, Montgomery Health Department

Wednesday, November 11 and Thursday, November 12

Red Cross Blood Drive

10 a.m. - 4 p.m., Founders Great Hall

Even in good times, the nation's blood supply is fragile and the need for blood continues to outpace the growth in blood donations. Every two seconds someone in the United States needs blood. Giving blood is simple and convenient – make a difference in someone's life.

This event is open to the public. Contact Student Health Services at 610-896-1089 to make an appointment.

Wednesday, October 7 and Monday, October 19

Flu Shots

9 a.m. – 5 p.m., Morris Health Services

Cost \$20

Protect yourself against the seasonal flu. The best way to prevent the flu, especially for people at high risk for serious complications, is to get a vaccination each fall.

Wednesday, December 9 and Monday, December 14

Need a Stress Buster?

Wednesday 12 p.m. - 1:30 p.m.; Monday 5:30 p.m. - 7 p.m.

Free Chair Massage

High stress can be a detriment to students' mental and physical health, resulting in depression, anxiety, headaches, and insomnia.

Need Answers to Health Questions?

Visit:
www.haverford.edu/healthservices

Get information on managing the common cold, the seasonal or H1N1 flu; plus helpful facts on vaccinations, meningitis, MRSA, HIV testing locations, and how to get transportation to a doctor's appointment or get a prescription filled.