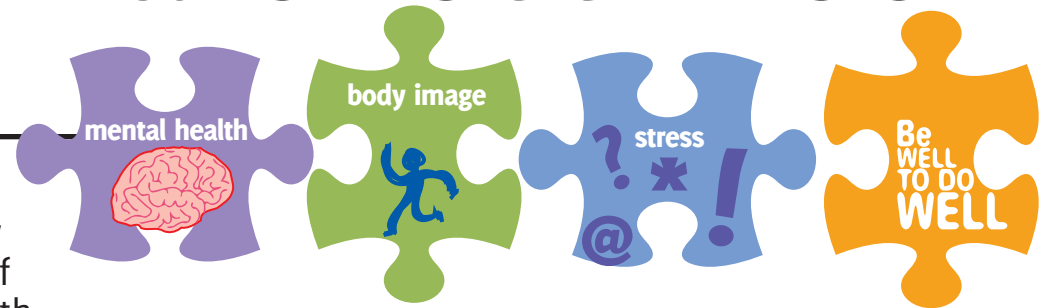


mind + body awareness week

@ Cal October 24-28, 2011



This week is dedicated to helping students learn the importance of the connection between the mind and body and physical and mental health. We'll focus on a variety of aspects of health, including food, body image, sexual health, self-care resources, and campus health services.

mon 10/24 tue 10/25 wed 10/26 thu 10/27 fri 10/28

<p>NATIONAL FOOD DAY "Eat Real, Eat Whole Grains"</p> <p>HIGHLIGHTS:</p> <p>Food Day Picnic Campanile Lawn 12-1:30pm WalkGreen Walk to The Local, then picnic</p> <p>The Local Produce Stand Sproul 11am-2pm</p> <p>Cal Dining Food Showcase Crossroads 5-8pm</p>	<p>TANG TUESDAY @ Sproul 10am-2pm</p> <p>Stop by and talk to Tang staff and peers about:</p> <ul style="list-style-type: none"> >Campus health services >UC SHIP Q+A on the spot >Counseling >Sexual health 	<p>SELF-CARE WEDNESDAY @ Sproul 10am-2pm</p> <p>Learn tips and tricks to take care of your health:</p> <ul style="list-style-type: none"> >Self-help resources >Body Image >Get a Pet Hug >Acupuncture/Acupressure >Sexual Pleasure for self and others 	<p>DO ONE THURSDAY anywhere + everywhere</p> <p>DO ONE good thing for yourself today in honor of Mind + Body Awareness Week</p>	<p>FLU/MMR VACCINE FRIDAY @ Tang 12-6pm (line closes at 5:30pm)</p> <p>FLU/MMR (measles, mumps, rubella) Vaccination Clinic. No appointment needed, just drop in. Flu vaccine available to all adults; free for students with UC SHIP, \$25 everyone else. MMR vaccine is free and only available to UC Berkeley students, faculty and staff (please bring your campus photo ID-Cal 1 Card).</p>
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Get even more help online:

- >Self-help resources
- >How to help someone else
- >Body image help
- >Financial stress help

uhs.berkeley.edu/aware

