

FINDING YOUR KEYS

Keys to Enhance Your Success FREE wellness, mental health and education workshops open to all Washington & Jefferson College students. These workshops offer students tools to make smarter, healthier, informed decisions for their personal and academic lives.

Student Health and Counseling Services Wellness Series

For more information, call Heidi Ryan, RN, CCM at (724) 223-6107

Breaking Free: From Anxiety and Worry

Are you experiencing anxiety and worry, which is interfering with your academic or social college experience? If so, this workshop is for you! Learn ways to manage anxiety and worry in this one-hour workshop.

Date: Thursday, February 20, 2020
Time: 6:00 pm
Location: Hub Fireplace Lounge
Speaker: Carol Glock, M.Ed.

Free STD Clinic

*Health and sex belong together! Get tested and retested to know your sexual health status. Come to this **FREE CONFIDENTIAL** testing sponsored by Central Outreach Wellness Center.*

Date: Tuesday, March 24, 2020
Time: 6:00 pm
Location: Burnett-Room 209
Speaker: Carol Priest, MSN, FNP-BC

Concussion

Have you ever experienced a concussion? Do you even know if you have had a concussion? Come join us for this one-hour workshop to explore concussion, the signs, symptoms, diagnosis and treatment.

Date: Thursday, March 26, 2020
Time: 6:00 pm
Location: Media Room
Speaker: Zoe Hawkins, DO

Love and Other Drugs

Have you ever used supplements and thought, "Is this safe?" We will look at supplements and other drug's safety and usage, especially those commonly marketed to athletes and see if they are safe.

Date: Thursday, April 23, 2020
Time: 6:00 pm
Location: Media Room
Speaker: Keaira Dupuy, MD

To register for the workshops visit... <https://www.schedulicity.com/scheduling/SCSTLS/Workshops>