“What’s in it for me?”
Here’s why **YOU** should read Student Health 101!

- **Enter to WIN**
  Monthly prizes worth up to $1,000!

- **UCookbook**
  Recipes to keep both you and your wallet satisfied!

- **FitnessU**
  Activities to lower stress and keep you moving!

- **STUDENTVIEWS**
  Watch other students’ experiences and share yours!

Read *Student Health 101* and **ENTER TO WIN** this month’s prize!

**READ STUDENT HEALTH 101 TODAY:**

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<th>Health &amp; Wellness Center</th>
<th>Personal Counseling Services: Student Health &amp; Wellness Center</th>
<th>Academic Counseling</th>
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<td>925-424-1830</td>
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<td>925-424-400</td>
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