

road trip

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TWU Total Health Challenge Online

Looking for a fun way to stay motivated and educated about your health? Try TWU Total Health Challenge Online through Facebook!



Each week, personal health-related challenges are posted. Online resources are linked, including videos and discussions, to promote success. Cool weekly prizes are given to eligible participants!

TOTAL
health
CHALLENGE
online



Contacts:

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UPCOMING CAMPUS EVENTS:

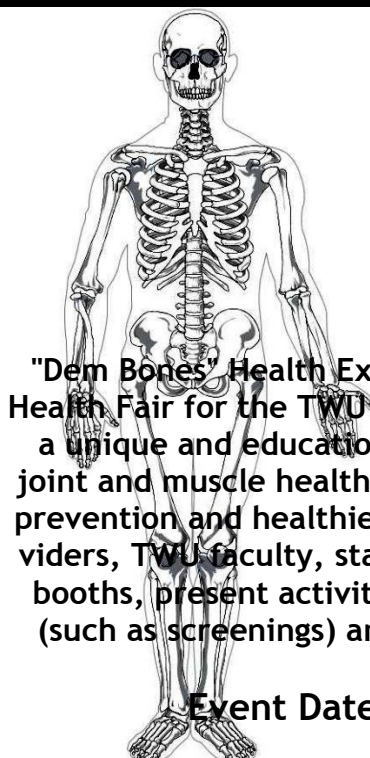
OCTOBER:

- 1 Komen Race
- 3 Career Fair Nursing & HCA; Houston Canned Food Drive kicks off
- 10 SGA General Meeting; Blood Drive Sign-Up
- 11 University 101: Basic Car Maintenance
- 14 Rec Sports Adventure: Paintball Games (rsvp by 9/28)
- 17 October Birthday Celebration; Blood Drive
- 21-23 Ballunar Lift Johnson Space Center (rsvp by 10/10)
- 24 SGA General Meeting; Career Fair: HCA, OT & PT
- 26 Fall Costume Contest
- 31 Health Fair Extravaganza: "Dem Bones": Bone, Muscle and Joint Health

For more information about events, follow us on Facebook!

Annual Health Fair

sponsored by Student Life



"Dem Bones" Health Extravaganza will be the 3rd Annual Health Fair for the TWU Community. The goal is to provide a unique and educational presentation related to bone, joint and muscle health that will promote early detection, prevention and healthier lifestyles. Local health care providers, TWU faculty, staff and students are invited to host booths, present activities, provide resources or services (such as screenings) and/or volunteer during the event.

Event Date: October 31, 2011

LOOKING FOR A JOB?

Nursing and Health Administration
Career Day

Monday, October 3rd from
11 A.M. to 2 P.M.



Meet 30-50
potential
employers!!

Health Professional Career Day

Monday, October 24th from
11 A.M. to 2 P.M.

TWU TRIVIA

Be the 1st to submit the correct answer to commuter@twu.edu & win a PRIZE!
What year were men first admitted to TWU?



Komen Race for the Cure - Houston

Team Name: TWU Pioneers for the Cure
Event Date: Saturday, October 1, 2011
Location: Sam Houston Park Downtown

To sign up, follow the directions below:

1. Go to the Komen Houston Affiliate website at <http://www.komen-houston.org/Komen-Race-Page/>
2. Click "Find or Join a Team" black button, top right hand corner
3. Enter team name in search box, "TWU Pioneers for the Cure"
4. Under Search Results, find the team labeled "TWU Pioneers for the Cure"
5. Click on "join" to the right of the team in pink
6. Follow the registration process

Contact Event Student Coordinator with questions:
Jennifer Wahowski at jenniferwahowski@gmail.com

DID YOU KNOW?

You're eligible for health insurance!

TWU has a relationship with [Academic HealthPlans](#) to provide insurance plans for currently enrolled students.

Information can be found on the web site, or in brochure form at the Student Life Office.

More details about this subject matter, including deadlines and criteria for insurance selection, can be found at Student Health Services.

DON'T FORGET!

SIGN UP NOW FOR THE PIONEER ALERT SYSTEM

www.twu.edu/dps/pioneeralert.asp



- Severe weather alerts such as tornado or hurricane warnings affecting a campus
- Campus closings due to inclement weather
- Health and public safety emergencies
- Information when an incident is resolved



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