

**THANK YOU**  
for ordering take-out  
from the  
Office of Health Education's

**WELLNESS**  
*a la carte*

We will deliver  
the information you requested  
as quickly as possible.

You selected to receive your information:

**PICK-UP ON:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**MAIL TO ADDRESS:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Educating Yourself  
is the Best Way  
to Make Healthy Decisions!**

 <b>LIVE HEALTHY</b> <b>BE SUCCESSFUL</b>	<b>Wellness Education</b> Hunter College • Office of Student Services	
	<b>Health Services</b> 212-772-4800 • 307 North Building	<b>Health Education</b> 212-650-3397 • 1136 East Building

(Detach this page at the fold.)

**SEXUAL HEALTH**

**Sexually Transmitted Infections**

- Herpes
- Hepatitis A / B / C
- HIV / AIDS
- HPV / Genital Warts
- Chlamydia
- Gonorrhea
- Syphilis
- Urinary Tract Infection
- Pubic Lice / Scabies
- Other: \_\_\_\_\_

**Men's Health**

- Prostate / Testicular Cancer
- Condoms
- Other: \_\_\_\_\_

**Women's Health**

- Breast Cancer
- Birth Control Methods
- Emergency Contraception
- Pregnancy
- Other: \_\_\_\_\_

**Sexual Assault / Date Rape**

**Abstinence**

**L. G. B. T. Q.**

Specify: \_\_\_\_\_

**Other:** \_\_\_\_\_

**WELLNESS**  
*a la carte*

A menu of available information  
in the Office of Health Education

- ① Fill out the following information.
- ② Select the topics on which you would like to receive information.

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**PICK-UP ON:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**MAIL TO ADDRESS:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## DRUGS & ALCOHOL

### Alcohol

- Alcohol Poisoning
- Alcohol and the Body
- How to Help a Friend
- General Information
- Resources

### Tobacco

- How to Quit
- Tobacco and the Body
- Second-hand Smoke
- Resources

### Illicit Drugs

- Ecstasy
- Marijuana
- Cocaine
- Heroin
- LSD / Acid
- Other: \_\_\_\_\_

### Pharmaceutical Drugs

- Antidepressants
- Over-the-Counter
- Antibiotic Steroids
- Pain Killers
- Viagra
- Sedatives
- Other: \_\_\_\_\_

Other: \_\_\_\_\_

## MENTAL HEALTH

### Depression

- Symptoms
- Treatment Options
- Help for a Friend
- Suicide

### Anxiety

- Anxiety Disorder
- Obsessive-Compulsive
- Panic Attacks

### Eating Disorders

- Anorexia
- Bulimia
- Binge Eating
- Compulsive Exercise

### Nutrition & Dieting

### Stress

- Destructive Stress
- Effects on the Body
- Stress Management
- Tips to Start Exercising

### Addiction

- Symptoms
- Treatment Options

### Abuse (Physical & Mental)

- Warning Signs
- Help Options

### Counseling Referrals

Other Referrals: \_\_\_\_\_

Other: \_\_\_\_\_

# WELLNESS a la carte

A menu of available information  
in the Office of Health Education

Brought to you by...

	<b>Wellness Education</b>	
	Hunter College • Office of Student Services	
	<b>Health Services</b> 212-772-4800 • 307 North Building	<b>Health Education</b> 212-650-3397 • 1136 East Building

(Detach this page at the fold.)

Look for these upcoming  
Wellness events:

- Blood Drive
- Free HIV Testing
- Mental Health Screenings
  - Depression
  - Anxiety
  - Eating Disorders
  - Alcohol
- Health Fair
- Recess
- Stress-Free Zone
- World AIDS Day