ON A ROLL

February Observances and Events:

- American Heart Month
- Teen Dating Violence Awareness Month
- Feb 2 – National Wear Red Day
- Feb 14 – Valentine’s Day
- Feb 19 – President’s Day – No Classes
- March 12-16 – Spring Break!

“ALL YOU NEED IS LOVE. BUT A LITTLE CHOCOLATE NOW AND THEN DOESN’T HURT.”

-CHARLES M. SHULZ

Valentine’s Day is not always full of hearts and roses. If you’re spending it single here are some things to help you get through the day!

- Host a “Galentine’s” party for a night with your girls
- Spend it with your siblings or family members
- Host dinner and cook for your single friends
- Instead of a date night, make it a gym night
- Spend the night loving, pampering, and indulging yourself

For more health and wellness information visit: www.ndsu.edu/studenthealthservice

The ability to relate well to others, both within and outside the family, giving us confidence to be outgoing, friendly, and kind toward others.

Family and friends and romantic relationships are all included in social wellness.

On Valentine’s Day, make sure to show your friends and family along with your significant other, how much you appreciate them.

It can be as simple as saying “thank you” or “I love you” to show your gratefulness.