“Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness.”
~ Laurette Gagnon Beaulieu

ON A ROLL

March Observances and Events:

Feb 26-March 2 – NDSU Women and Gender Studies’ 36th Annual Women’s Week
March 8 – International Women’s Day
March 11 – Daylight Savings
March 12-16 – No School - Spring Break
March 17 – St. Patrick’s Day
March 30-April 2 – No School - Spring Recess

5 Tips For a Safe Spring Break

1- When you leave with friends, come home with friends.

2- If you choose to have sex, use protection. Condoms are available at Student Health Service.

3- If you choose to use alcohol, keep track of your alcohol intake, don’t accept drinks from strangers, and never leave a drink unattended.

4- If you are going somewhere warm, use sunscreen and drink plenty of water.

5- Don’t carry large amounts of money, but make sure to have emergency cash on hand. You might not be able to use debit/credit cards everywhere.

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

https://www.internationalwomensday.com/Theme