PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL”
-MAYA ANGELOU

August Events
National Immunization Awareness Month
Aug 22 — Classes begin at 4:00pm
Aug 23 — First full day of classes

Student Health Service
Your Campus Clinic and Pharmacy
- Medical clinic offering professional services including Pharmacy, Medical Laboratory, and Radiology
- Primary, preventative, acute, and chronic care
- Accepts walk-in appointments depending on symptoms and availability
- Funded by a student health fee which affords unlimited office visits
*some additional services will result in a charge
- Health and Wellness Promotion

Schedule an appointment: Online through the Student Health Portal or call 701-231-7331

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

Sip Smarter
As part of an overall healthy diet, replacing sugary drinks with low- and no-calorie beverages can help you limit calories, which may help you achieve or maintain a healthy weight.

Replace sugary beverages...
- full-calorie soft drinks
- energy/sports drinks
- sweetened “enhanced water” drinks
- sweet tea
- sweetened coffee drinks

with these better choices!
- water – plain, sparkling and flavored
- diet soft drinks
- coffee and tea without added sugars

The facts may surprise you.
Most Americans consume nearly 20 TEASPOONS of added sugars EACH DAY.
That’s TRIPLE the recommended daily limit for women and for men!

Sugar-sweetened beverages like soda and energy/sports drinks are the #1 SOURCE OF ADDED SUGARS IN OUR DIET.

A can (12 FL OZ) of regular soda has about 150 CALORIES AND 10 TEASPOONS of added sugar.

August 2016