Think... programming & events to promote the overall well-being of our NDSU community.

Watch for exciting opportunities on campus.

How to make friends at college
- Attend Welcome Week activities
- Be yourself * Be interesting
- Join others for meals * Ask questions
- Be nice * Attend a sporting event
- Introduce yourself * Get involved

**Student Health Service**
Your campus clinic for all your medical needs including a full service Pharmacy.
To schedule appointment Call 701-231-7331 or log onto the Student Health Portal

**reThink...that Drink**
- Eat before you drink
- Drink water between drinks
- Know your limit
- Have a safe ride home
- Know a standard drink size

**U Up?**
Everything You Need to Know About Safe Sex
August 28th
A. Glenn Hill Auditorium
6:00-7:00 and 7:30-8:30

**Tips for students**
- Have fun * Get involved
- Go to class * Have balance
- Get organized
- Make time for you
- Learn from mistakes
- Keep in contact with your supports
- Use campus resources

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