September Notices and Events:

- Sept. 7th: Labor Day, No classes
- Sept. 9th: Payments due for NDSU accounts
- Sept. 15th: Body Project Workshop (register thru myNDSU)
- Sept. 16th: Think... talk about Anxiety & Change (Zoom link sent to Listserv)
- Sept. 20th: AFSP Out of the Darkness Experience
- Sept. 22nd: First Day of Fall, Inclusion Fair

Follow us on social media!
- @NDSUHealthPromotion
- @ndsuhealthyherd
- @ndsvpves
- @ndsubodyproject

Get safer sex materials in the mail!

Sexual Health Month
Free safe sex supplies mailed to students living on- and off-campus in discreet packaging.

To order your Junk Mail visit bit.ly/NDSUjunkmail or scan the QR code

Junk Mail

*Junk Mail is funded by a grant from the ND Department of Health

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

How to Thrive in College
Surround yourself with positivity
Engage in campus life
Take breaks
Plan out your week
Write that paper
Set semester goals
Get good sleep
Practice self care
Take time for yourself
Have fun!