“EVERY DAY MAY NOT BE GOOD, BUT THERE’S SOMETHING GOOD IN EVERY DAY”
-Alice Morse Earle

November Observances and Events:
- American Diabetes Month
- Lung Cancer Awareness Month
Nov 4 & 5 – Miss ND USA & Miss ND Teen USA
Nov 7 – Etiquette Dinner - Hosted by Campus Attractions
Nov 10 – No School - Veteran’s Day
Nov 13 – World Kindness Day
Nov 23 & 24 – No School

Want to improve your occupational and social wellness? Join Campus Attractions to network with other students while learning how to properly eat a four-course meal at a job interview or professional lunch meeting!

Lung Cancer Prevention Tips
- Don’t smoke!
- Avoid secondhand smoke
- Protect yourself from exposure to carcinogens
- Eat a diet full of fruits and vegetables
- Exercise most days of the week

http://www.mayoclinic.org/diseases-conditions/lung-cancer/basics/prevention/con-20025531

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

Thanksgiving Fun Facts
- Only male turkeys actually gobble
- About 46 million turkeys are consumed each year on Thanksgiving
- The first Macy’s Thanksgiving Day Parade did not feature any balloons
- Black Friday is the busiest day of the year for plumbers
- There are four places in the country named Turkey, seven named Cranberry, and 33 named Plymouth

http://www.goodhousekeeping.com/holidays/thanksgiving-ideas/a35457/thanksgiving-trivia/

Lung Cancer Awareness Month

November 2017

ON A ROLL

STUDENT HEALTH SERVICE - 701.231.7331

HEALTHY HERD CHAMPIONS