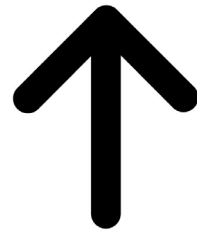


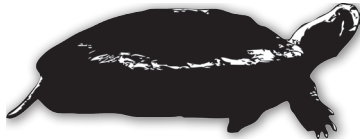
Success Series @ Parnassus

Get organized and develop your professional self! The Success Series offers monthly workshops aimed at enhancing your professional experiences and academic well-being at UCSF. Topics include improving focus, managing stress and test anxiety, conflict resolution, and respecting differences. Every third Wednesday of the month at Parnassus.

For more information or to RSVP, email felicia.mercer@ucsf.edu



Perks of Being an Introvert @ Parnassus & Mission Bay



Have you been called 'shy,' 'quiet,' 'a thinker,' or a 'wallflower'? Do you appreciate alone time? Do you find it exhausting to operate in large social gatherings or on teams? Do you experience social anxiety? Congratulations, you may be an introvert! Come learn more about the power of introversion in a world that often seems dominated by the extroverted and outspoken, and how your temperament can help you thrive.

For more information or to RSVP, contact James Lyda, PhD, at james.lyda@ucsf.edu

Healthy Relationships @ Parnassus

Student Health and Counseling presents a workshop to find out what makes relationships work. Join SHCS providers, Dr. Susan Rosen and Dr. Lance Raynor (life partners), in a discussion about well researched tenets of lasting relationships. Free lunch with RSVP!

For more information or to RSVP, visit healthy-relationships-2013.eventbrite.com



Unwind: Stress Management Skills for Women @ P & MB

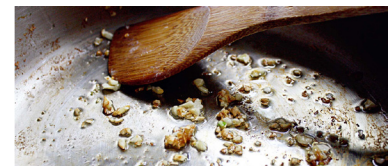
Take a breather! Student Health and Counseling offers this stress management workshop for women who are students at UCSF. Stress directly affects emotional and physical health and can compromise your ability to cope with academics, relationships and the workplace. Learn helpful techniques to relax and manage your stress from Felicia De la Garza Mercer, Ph.D. Each class will focus on different skills. **FREE REFRESHMENTS** provided for students with RSVP!

For more information or to RSVP, email felicia.mercer@ucsf.edu

Simmer @ Parnassus

Join Student Health's dietitian, Alison Boden, in an interactive cooking class with easy and healthy recipes. Students prepare (and eat!) the dishes during class. RSVP required as limited seats are available.

For more information or to RSVP, contact Alison Boden, MPH, RD at nutrition@ucsf.edu



Speed Friending @ Mission Bay

Come meet new people at UCSF in a relaxed, casual environment! Join us for a Speed Friending event and meet international and domestic students and scholars in the UCSF community! Attendees will have the opportunity to have quick chats with multiple people over the course of the event, and afterwards you can head to the outdoor movie in Koret Quad with your new friends!

For more information or to RSVP, visit <https://speedfriendingucsf.eventbrite.com/>

Dry Saloon: Alcohol Awareness @ Mission Bay

The Prohibition Era played a major factor in how people think about and interact with alcohol. **Join us for happy hour at the Dry Saloon to learn some interesting trivia about the mysterious chemical compound ETOH and enjoy a refreshing root beer float!** Come kick up your boots with music, an adorable pooch to pet, and some interesting alcohol trivia for a chance to win fabulous giveaways! *Sponsors: Student Services at Mission Bay and Student Health and Counseling.*



Flavorful Fall Nutrition Series

Every Wednesday, from 12-1PM at Parnassus's N-527 in October - add some wellness to your Wednesdays and join Student Health and Counseling for a lunchtime talk on food and nutrition with registered dietician Alison Boden, MPH, RD. (October 2: Weight Management; October 9: Sports Nutrition; October 16: Nutrition for Women; October 23: Mindful Eating; October 30: Food as Fuel For Your Brain).

FREE LUNCH at all talks for students with RSVP! For more information or to RSVP, contact Alison Boden, MPH, RD at nutrition@ucsf.edu

Sports Nutrition @ Parnassus

Electrolytes? Protein shakes? Supplements? Carbs? From marathoning to mountain biking, ZUMBA® class to the CrossFit cage: learn how to eat and drink for athletic performance and recovery during this 1 hour talk presented by Alison Boden, MPH, RD.

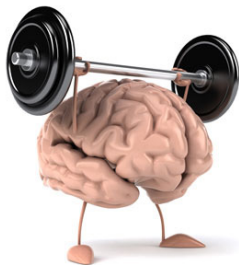


Healthy Steps @ Parnassus

Take the first steps toward achieving a healthy weight presented by Student Health's Dietitian. Learn more about nutrition, exercise and mindful eating in this one hour overview discussion.

Mindful Eating @ Parnassus

Enjoy your meal from the outside in! Learn about the food and mood connection, understand your cravings and practice mindful eating. A one-hour talk presented by Felicia Mercer, PhD and Alison Boden, MPH, RD.



Food for Thought

Learn how to eat well and boost brain power. Student Health's dietitian, Alison Boden, will discuss how eating right can improve your performance, reduce stress and give you more energy. Please visit our Calendar of Events at <http://studenthealth.ucsf.edu/calendar> for a schedule of our current offerings.

Nutrition for Women @ Parnassus

Student Health and Counseling offers this one-time workshop at the Parnassus campus. **Join Student Health's dietitian, Alison Boden, for this casual 1 hour discussion on popular women's nutrition topics.** Topics include body image, anemia, reproductive health, and bone health. **FREE LUNCH** provided for students with RSVP!



Student Health & Counseling Services

Millberry Union West

500 Parnassus Ave.
level P8, room 005
San Francisco, CA 94143

tel: (415) 476-1281
fax: (415) 476-6137
email: shs@ucsf.edu

William J. Rutter Center

1675 Owens St.
3rd Floor, room 330
San Francisco, CA 94158

tel: (415) 476-1281
fax: (415) 476-6137
email: shs@ucsf.edu

<http://studenthealth.ucsf.edu>

send a secure message to SHCS via myhealthrecord.ucsf.edu