



Student Health  
& Counseling  
Student Academic Affairs

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# JUMP DAY

# Spring 2019

Wednesdays, 12 p.m.-1 p.m.  
*Parnassus, N-217*

**Free Lunch (while supplies last) for student attendees with RSVP!**  
(Lunches are for students attending the program only, unless otherwise noted.)

## Queer Dating at UCSF



### April 10: Queer Dating for the UCSF Student

Does dating seem far from being simple or fun? Is it tough to make relationships work in the midst of academic life? **Hard to find other queer people to date outside of apps?** Join Lindsey Brooks, PhD, and John Tighe, LCSW, for an interactive discussion on the joys and challenges of dating and relationships as an LGBTQ student. This presentation will be limited to a maximum of 40 students; sign-up ASAP.

For more info or to RSVP, visit [queerdatingspring2019.eventbrite.com](http://queerdatingspring2019.eventbrite.com)

## Opioids & Pain Management



### April 17: Opioids & Pain: How Do We Manage?

The opioid crisis is a complex and staggering problem. Join UCSF faculty Era Kryzhanovskaya, MD, an internist with a focus on the treatment of opioid use disorders, and Heidi Reetz, MD, a pain and integrative medicine specialist, for an enlightening presentation to discuss opioids and their risks and how to protect against and raise awareness of opioid misuse, addiction, and potential for overdose.

For more info or to RSVP, visit [opioidspainspring2019.eventbrite.com](http://opioidspainspring2019.eventbrite.com)

## GI Health



### April 24: Gut What?

Do you ever experience acid reflux, abdominal pain, constipation, diarrhea, or extreme gas and bloating and wonder, "What's going on with my gut?" Join primary care physician Tom Richards, MD, and dietitian Jessica Jones, RD, CDE, as they review common GI complaints and offer evidence-based solutions for achieving optimal gut health.

For more info or to RSVP, visit [guthealthspring2019.eventbrite.com](http://guthealthspring2019.eventbrite.com)

## No Time to Exercise



### May 1: Exercise? I Don't Have Time

UCSF students report they want to exercise, but often struggle because of limited time or not knowing how to create and maintain an exercise plan that works best for them. Join Fitness and Recreation training staff and SHCS as we look at the personal and academic benefits of exercise—whether in the gym or out-of-doors—and creating time and a plan to exercise that works for you.

For more info or to RSVP, visit [exercisingspring2019.eventbrite.com](http://exercisingspring2019.eventbrite.com)