



WELLEAVATION

October 1, 2018 Issue : 1

FITNESS

NATURE IS CALLING,
REC SPORTS IS ANSWERING!

Join us for some outdoor fun!
Hiking, • Sea kayaking, • Climbing
• Canoeing • Stand up Paddle
Boarding, • Caving, • White
Water Kayaking

www.loyola.edu/departments/recreational-sports/programs/outdoor/trip-calendar

HEALTH

With Fall Comes Cold & Flu Season!
To help reduce your risk of infection:

1. Wash your HANDS OFTEN (for at least 20 seconds)
2. AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH with unwashed hands.
3. DISINFECT common areas. Get in the habit of cleaning and disinfecting high traffic areas and surfaces
4. AVOID SHARING CUPS, DISHES, AND UTENSILS
5. GET YOUR FLU SHOT!!!
(Available at Student Health Services)

NUTRITION

Try to make half your daily grain servings whole grains!

Whole grains include grains like: wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, and rye. When these foods are in their "whole" form, whole grains have some valuable antioxidants not found in fruits and vegetables, as well as B & E Vitamins, magnesium, iron, and fiber.

TRY BOULDER'S NEW "GREAT GRAIN" station today!

"WELLEAVATOR OF THE MONTH"

Disability Support Services (DSS)

Did you know...

- * October is Disability Awareness Month? (be on the lookout for activities this month)
- * This awareness month stems from a law created and signed by President Truman in 1945?
- * You can learn about Ableism by inviting the STEAM team to your next class, club or staff meeting?
- * Loyola offers a Disability Studies Minor?

In a world where you can be anything, BE KIND.

