



CARDINAL HEALTH

Welcome to our E-magazine - A New Look for Student Health

UIW website for Student Health 101: <http://readsh101.com/uiwtx.html>

This is an exciting time for you as a student at the University of the Incarnate Word. College is your time to focus on your future, to decide what you want to study, to accept new challenges. It is also a time to look at those habits that will establish a foundation for a healthy life. It's no secret that college students sometimes develop habits that are harmful to their health. Major health issues that students face include excessive alcohol consumption, drug abuse, depression, anxiety, unhealthy eating, lack of exercise, contagious diseases – just to name a few. Sometimes students feel inhibited about seeking the advice of campus healthcare providers regarding specific health concerns. As a result, some students remain uninformed, which can lead to unhealthy lifestyle decisions. In this spirit, UIW Health Services is launching a new e-magazine, **Student Health 101**. The e-magazine is designed to engage both students and parents on these health issues through health articles, videos and photos from around campus.

The Health Services staff is committed to providing students at UIW assistance in establishing a foundation for a healthy lifestyle. We are dedicated to providing our students with high quality medical care and preventive health education. Our staff applies a comprehensive approach to health care and provides services to enhance the physical, mental, social, emotional, and spiritual well-being of our students so they may be fully engaged in all aspects of their college experience. We recognize the many social, cultural and academic issues students face during the college years. It is our goal to raise awareness of current health issues facing college students today by using this format to keep you informed.



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