Welcome to Western Illinois University! *Stall Talk*, affiliated with the Beu Health Center, is a flyer placed in many restroom stalls around campus for your health education enjoyment! Health tidbits cover any of the 7 parts of the wellness wheel. The wellness concept emphasizes making healthy choices, personal responsibility, and finding balance in all areas of your life.

For more information on the Wellness Wheel, visit [www.nationalwellness.org](http://www.nationalwellness.org)

Beu Health Education is located in Seal Hall - East - Room 217

### CUPP Welcome Back Picnic

WIU students and the Macomb community are invited to the Community University Partnerships Program (CUPP) Welcome Back Picnic! Local businesses will have displays and there will be oodles of FREE food and giveaways! Come out and join the fun!

When: **Wednesday, August 22** 5-7 p.m.
Where: **Adams Street** in front of **Sherman Hall**

### Fall Student Activities Fair

Description: Check out over 200 student organizations, various service agencies, community businesses and student service departments. This is a great opportunity to find ways to get involved on campus and throughout the community.

When: **Wed, August 29**, 3:00-5:00 pm
Where: **Union Grand Ballroom & Prairie Lounge**

### Deconstructing the Hook-up

Students T.A.L.K. peer educators will be facilitating two workshops to promote healthy communication in relationships and an exploration of the meaning of “hooking up.”

**When/Where:**
- **6:30-7:30 p.m. Higgins Hall**
- **8:15-9:15 p.m. Tanner Hall**

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**BAC Root Beer Olympics**

Come check out a bags tournament and obstacle course like no other—through the Fatal Vision Goggles! There will be plenty of food, fun, and prizes so come join the party

When: **Thursday, August 23** 11:00 a.m.-2:00 p.m.
Where: **Union Plaza**

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**See Us at the Fair!**

**Students T.A.L.K.**

Certified Peer Educators meet to talk about Health and Wellness and present programs to the campus community on topics such as sex, sleep, stress, nutrition, body image, and more!
- Learn about & become an expert in our programs like Deconstructing the “Hook Up,” Sex Jeopardy, Nutrition Jeopardy, Sleep Wellness, Stress Management and much more! For more info. contact Liz at EA-Andrews@wiu.edu