

STALL

YoUR

TALK



GET TO KNOW UR's Health and Well-Being Unit

STUDENT HEALTH CENTER

The SHC provides evaluation and treatment for illnesses and injuries, assistance in managing chronic disease, and offers a comprehensive program in health education and health maintenance.

VISIT
richmond.studenthealthportal.com to access your Spider Student Health Portal

CAPS Counseling & Psychological Services

CAPS offers a wide range of free, short-term mental health-related services to full-time, degree-seeking students at the University of Richmond.

VISIT
The front desk in the CAPS office at 138 Sarah Brunet Hall if you are interested in CAPS services. Remember to bring your student ID with you!
<https://caps.richmond.edu>

HEALTH PROMOTION

Our prevention and educational approach to health and wellness focuses on changing behaviors, healthy lifestyle choices, and creating a unified culture to educate the campus community on the lifelong benefits of maintaining a healthy and well-balanced lifestyle.

VISIT
<https://healthpromotion.richmond.edu>
<https://prevent.richmond.edu>

UNIVERSITY RECREATION

University Recreation provides quality recreational and educational programs.

VISIT
recreation.richmond.edu for gym/pool hours and fitness class schedules.

Are you interested in getting fitter, working out in small groups, learning educational information about your health, trying new things, and having fun? UR Fit is the program for you! Registration begins 1/15. Contact Devan Martinez at dmartine@richmond.edu.

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Learn from Laura Cathcart Robbins, writer and host of the popular podcast The Only One in the Room! Students will have the opportunity to learn about podcasting, submit their stories, and grow from being open and vulnerable. This event will be held on Monday, 2/3 from 7-9 pm. No sign-up necessary! Scan the QR code below to learn more.



FEBRUARY 14-21 IS NATIONAL CONDOM WEEK

Visit the Student Health Center for free condoms! UR also runs a free STI clinic every other Thursday in the SHC from 6-8 pm. Take advantage of this resource and get tested!

UPCOMING EVENTS & ANNOUNCEMENTS

-  1/23 | STI Clinic | SHC, 6-8 pm (no sign-up)
-  2/3 | Only One in the Room with Laura Cathcart Robbins | THC: Alice Haynes Room, 7-9 pm (no sign-up)
-  2/6 | STI Clinic | SHC, 6-8 pm (no sign-up)
-  2/7 & 2/8 | CPE Training | Weinstein Center | 3-7 pm, 10 am-2 pm (registration necessary)
-  2/11 | Love YoUR Valentine: Safe[r] Sex with Coalition and CARE | Jepson Faculty Lounge, 8 pm
-  2/14 | Love YoUR Valentine: Condom Rose Giveaways | THC Hanging Lounge, 12:30-2:30 pm
-  2/20 | STI Clinic | SHC, 6-8 pm (no sign-up)

JOIN THE WELLNESS EDUCATION BANDITS!



We are a group of UR students trained to educate peers about college health and wellness issues in a positive and non-judgmental manner. Attend any meeting on Thursdays @ 5 pm in the Student Health Center to learn more!

Certified Peer Educator Training is 2/7 & 2/8
Register by 2/5 at bit.ly/cpespring20. Questions? Contact Slade Gormus at sgormus@richmond.edu

UR Air is My Air

UR is moving toward the goal of becoming a tobacco-free campus. The Student Health Center offers quit kits, coaches, one-on-one appointments, and information about nicotine products and cessation.
For cessation information, contact quit@richmond.edu

Live Well, Spiders!

This issue of YoUR Stall Talk is brought to you by Wellness Education Bandits member Shrutti Sathish

Questions about YoUR Stall Talk?
Contact bandits@richmond.edu

 @UR_Wellness_Bandits
 @urwell_spiders

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