

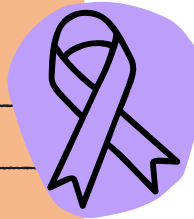
STALL TALK

THE CENTER FOR HEALTH EDUCATION AND PROMOTION
Volume 1, Issue 2 | 2024-2025

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

October

Domestic violence affects millions of people each year, regardless of age, gender, race, or socioeconomic status. Domestic Violence Awareness Month serves as a crucial reminder of the ongoing need to address this pervasive issue and support survivors.



Know the Numbers

Our local Domestic Violence Services (DVS) Lancaster served 1,808 local victims of domestic violence last year.

Experienced DV by an intimate partner in their lifetime:

- 1 in 4 women
- 1 in 9 men

*Centers for Disease Control and Prevention

FREE FLU SHOTS

for students

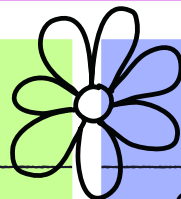
**Faculty and Staff stay tuned for a vaccine clinic on campus.*

October 2, 10:30am-1:30pm @ Breast-A-Ville

October 3, 11am-1pm @ Purple Carnival

October 23, 11am-1:30pm @ Fall Into Wellness Fair

**Can't make these dates? Call Health Services at 717-871-5250 to schedule your Flu Vaccine apt.*



Maintaining Mental Wellbeing this Fall:

- Go outside, even in cooler temps
- Get some Zzzz's to regulate hormones in the brain affecting mood & emotions
- Move your body to reduce stress
- Keep a well-balanced, nutritious diet
- Set healthy boundaries for yourself
- Have "NO Phone" time

*Remember, alcohol is a depressant. Limit or abstain if feeling depressed.

RESOURCES

YWCA Sexual Assault Advocate

On-campus **Mondays 9am-5pm** in Witmer Building (Health Services). Email WeHearYou@ywcamlancaster.org to schedule an appointment. Call 717-392-7273 for 24 hour hotline.

DVS Advocate

On-campus **Wednesdays 9am-5pm** in Witmer Building (Health Services). Email MUadvocate@caplanc.org to schedule an appointment. Call 717-299-1249 for 24 hour hotline or text **SAFE** to 61222.

**Virtual & walk-in appointments available for both.*



Reminder for Halloween:

Someone else's culture is NOT your costume. Be mindful and respectful. Is the costume racially, ethically or culturally based? If yes, this is a form of appropriation. Do you belong to that group of people? If no, this is a form of appropriation. Change the costume.

Fall Into Wellness Fair

Open to all MU students, faculty & staff!

Wednesday, October 23 @ 11am-1:30pm in SMC Promenade

***FREE tote bags** for first 300.

***FREE lifted energy teas** to first 300.

***FREE tshirt** for first 400 to complete passport.

****You MUST have your Corq Event Pass (QR Code). This includes faculty & staff.**

*Tables will have various other free giveaways.

Smart Choices to Make if Choosing to Drink:

- Eat a Meal
- Use a Sober Driver
- Avoid Drinking Games
- Don't Mix Alcohol & Meds
- Set a Drink & Time Limit
- Drink Water
- Stick with Your Friends
- Make Your Own Drinks

*Remember, NOT everyone chooses to drink, and it is illegal to drink under the age of 21.



Millersville University
ELSIE S. SHENK CENTER FOR HEALTH
EDUCATION AND PROMOTION
Division of Student Affairs

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Text "WELLNESS" to 71444