“A” is Not for Alcohol
In a national survey of nearly 94,000 college students, “A” students averaged 4 drinks per week, “B” students 6, “C” students 8, and “D” or “F” students, 10 drinks per week. Students who misuse alcohol reported missing more classes and performing poorly on exams and assignments more often than those who choose to drink responsibly, or not at all.

FREE Pilates & Cardio Kickboxing Classes
Tuesdays, 2:00 - 3:00 SC202
Pilates 9/26 - 10/31
Kickboxing 11/7 - 12/12
All levels welcome!
Call 285-7261 to register.

October is Breast Cancer Awareness Month
One woman in eight either has or will develop breast cancer in her lifetime. In this country, an estimated 274,810 women will be diagnosed and 41,430 women will die from breast cancer this year. And breast cancer is not just a concern for women. 1,720 men will be diagnosed and 460 men will die from the disease.

While many of the risk factors for breast cancer may be out of our control (age, being female, and family history), there are things that can be done to decrease the risk. Breastfeeding, adequate physical activity, limited alcohol intake and maintaining a healthy body weight are all associated with a lower risk.

Early detection of breast cancer saves lives. All women and men should be aware of how their breasts normally look and feel and immediately report any changes to their healthcare provider.

Breast changes do not always mean cancer, but they should always be evaluated. Beginning at age 20, women should have breast exams by a healthcare professional every three years.

After age 40, breast exams and mammograms (specialized breast X-rays), should be done yearly.

UCR Breast Cancer Awareness Events
Merry Beth Gay, Director of RCTC Nursing Programs and Breast Cancer Survivor will share her story.
Monday, October 9, 10:00 - 10:50 UCR Cafeteria
Information display, October 9-13, UCR Atrium

Trying to Lose Weight? Don’t Skip That Meal!
Skip a meal, skip the calories. Seems like a reasonable weight loss strategy, right? Wrong! Studies show this strategy rarely works. Most people who skip a meal, and its 300 to 600 calories, usually increase how much they eat at other times of the day by at least the same amount of calories. Because they are so hungry, “meal skippers” often eat rapidly, making it difficult to sense when they are full. Losing weight and keeping it off requires reduced calorie consumption over an extended period of time.

“It is health that is real wealth and not pieces of gold and silver.”
~ Mahatma Ghandi