

POTTY MOUTH

By Students

For Students

NOVEMBER / DECEMBER 2018
ISSUE 4

IT'S GETTING
CHILLY!

DID YOU KNOW: JUULS

JUULS CONTAIN AT LEAST 60 CHEMICALS AND PRODUCE FORMALDEHYDE, A KNOWN **CARCINOGEN** (a substance capable of causing cancer)

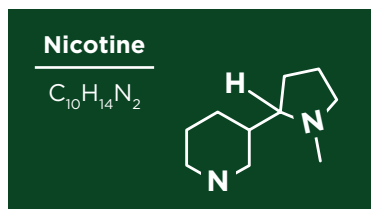


JUULS HAVEN'T BEEN AROUND LONG AND THEIR LONG-TERM HEALTH EFFECTS ARE NOT FULLY KNOWN



1 JUUL POD =
20 CIGARETTES

MANY JUUL FLAVORS HAVEN'T BEEN APPROVED FOR INHALATION



JUULS CONTAIN NICOTINE

63% OF YOUTH & YOUNG ADULTS DID NOT BELIEVE JUULS ALWAYS CONTAIN NICOTINE*

JUULS DELIVER NICOTINE QUICKLY, INCREASING THE POTENTIAL FOR ADDICTION

*Truth Initiative: <https://truthinitiative.org/>

CONGRATULATIONS
DECEMBER GRADS!

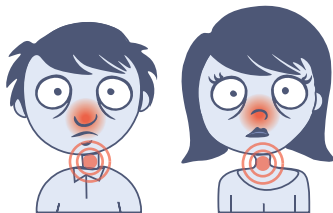
IT'S COLD & FLU SEASON

OUR SELF-CARE GUIDES MAY SAVE YOU A VISIT TO THE DOCTOR.

Stop by the UHC Pharmacy or log onto jmu.edu/healthcenter for our online guides.

IF YOU HAVE A COLD, REMEMBER TO:

1. REST AS MUCH AS POSSIBLE
2. DRINK PLENTY OF WATER
3. FOLLOW THE SELF-CARE GUIDES



NATIONAL HUNGER AND HOMELESSNESS AWARENESS WEEK

November
10 - 18

If you need support or want to help, please email ocl@jmu.edu or call 540-568-6071.

BE SURE TO PICK UP YOUR PRESCRIPTIONS FROM THE PHARMACY BEFORE YOU LEAVE FOR BREAK!



Thanksgiving Break:
Friday, November 16 by 4:30 p.m.

Winter Break:
Friday, December 14 by 4:30 p.m.

DON'T FORGET!

THE UNIVERSITY HEALTH CENTER WILL BE CLOSED



November 17 - 25



December 19 - January 1

SAVE THE DATE!

UPCOMING EVENTS & ANNOUNCEMENTS



NO MAN'S LAND FILM FESTIVAL
11/6 | 8 - 10 p.m. | UREC Club Room



APPLICATIONS DUE
for Alternative May Break
Small Group Leaders
11/8 | jmu.edu/abp



THE -ISMS SERIES
Part I: Racism and Colorism
11/8 | 7 - 8 p.m. | Madison Union 256



INFO SESSION
for Spring Alternative
Weekend Break Leaders
11/13 | 5 - 6 p.m. | Madison Union 404



TRANS DAY OF REMEMBRANCE
11/13 | 7 p.m. | Madison Union Ballroom



SIGN UPS CLOSE
for the December Alternative
Weekend Break of 11/30-12/2
11/16 | SSC 2100



APPLICATIONS DUE
for Spring Alternative
Weekend Break Leaders
11/16 | jmu.edu/abp



QUEERS AND COFFEE
LGBTQ Program Space
11/28 | 1 - 2 p.m. | SSC



PUPPY PRIDE
11/8 | 1 - 2 p.m. | SSC 1310
12/5 | 1 - 2 p.m. | SSC 1310



WARM A WINTER WISH
12/12 | 1 - 3 p.m. | UREC Sports Forum 2

This issue of Potty Mouth is brought to you by the UHC Marketing Team:

Nina Varma
Erin Scouten
Carly Hayes

Potty Mouth Questions?
Please contact ritchiac@jmu.edu

POSTED WITH SPECIAL PERMISSION FROM
UNIVERSITY INFORMATION



JMUHealthCenter



@JMUHealthCenter



@JMUHealthCenter

