

MOUTH

For Students

OCTOBER 2018 ISSUE 3







SAVE THE DATE!

OCTOBER IS...



MONTH







TRAVEL IN GROUPS AND IN WELL LIT AREAS



PLAN FOR SAFE TRANSPORTATION HOME

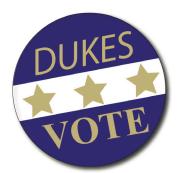


MAKE SURE YOUR PHONE IS CHARGED & CHECK IN WITH FRIENDS



HAVE ENOUGH MONEY TO GET HOME





DID YOU KNOW?

Recent research shows that voting is a robust predictor of better mental health and fewer risky health behaviors. Remember to register to vote by October 15. Have questions about registering and voting or want to get engaged?

VISIT DUKES VOTE AT: www.jmu.edu/vote



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

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

REMEMBER TO:



GET PLENTY OF REST



• WASH YOUR HANDS OFTEN

EXERCI

When you see a RED FLAG For dating violence, say something.

TheRedFlagCampaign.org

Ост. 26-28, 2018 -



alumni.jmu.edu/homecomingevents

UPCOMING EVENTS ANNOUNCEMENTS



D.E.E.P. IMPACT DIVERSITY

DIALOGUE - Sizeism

10/3 | 7 p.m. | Madison Union Ballroom



OUT ON CAMPUS DIALOGUE

10/9 | 7 - 8:30 p.m. | Madison Union Ballroom



PUPPY PRIDE

10/10 | 1 - 2 p.m. | LGBTQ Program Space



RED FLAG CAMPAIGN:

Escalation Workshop

10/9 | 5 - 7 p.m. | Madison Union 306 Nonviolent Communication

10/15 | 4:30 - 6 p.m. | Madison Union 404 Film screening of A Better Man

10/17 | 5:30 - 7:30 p.m. | Madison Union Ballroom No Excuse for Abuse: First Step Domestic Violence Candlelight Vigil

10/18 | 6 p.m. | Court Square (Downtown Harrisonburg)



REAL TALK SERIES

Alcohol and Sex

10/23 | 4:30 - 5:30 p.m. | SSC 1075



PUPPY PRIDE

11/8 | 1 - 2 p.m. | *LGBTQ Program Space*



VOLUNTEER NOTE TAKER PROGRAM

at the Office of Disability Services

ODS is looking for volunteer note takers. It's easy! Take notes in class, scan or type the notes, and send them to notes@jmu.edu.

All note takers get a coupon for 20% off a purchase at the JMU bookstore, and your time may be eligible for service hours. Plus, you're helping a fellow student in need. Ask your professors if note takers are needed, or email your class schedule to notes@jmu.edu

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

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Potty Mouth Questions? Please contact **ritchiac@jmu.edu**

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