



Volume 5... Issue 1



# Bladder Chatter

TRU student health & wellness newsletter

## Surviving September... a few tips

- Get organized...spend time learning where resources on campus are, get supplies, get a day-timer and add all of your assignments for the whole semester so you know what is ahead, etc.
- Get to know the people in your classes and in residence (if you live there). Also, don't forget about introducing yourselves to your instructors! Having support on campus is important to being successful!
- Be a part of campus-life by taking advantage of the great activities and opportunities on campus. We have a myriad of events at TRU including wellness and recreation activities, cultural events, the President's Lecture Series, other guest speaker's and workshops, etc.
- Finally...don't get caught up in the "over" partying/socializing that can happen in September. Before you know it, October will be here, meaning that midterms and assignment deadlines are just around the corner. Social wellness is important, but it should be in balance with the rest of your life.

# Welcome to TRU!



## Important Campus #'s

TRU Wellness Centre	828-5010
TRU Counselling Centre	828-5023
Health and Safety	828-5139
Campus Security	828-5033
Doctor on Campus	828-5126
Harassment Office	371-5800
Student Benefits Office	377-6034
Sleep Clinic	371-5952
Asthma Clinic	371-5543
TRUSU	828-8289



TRU WELLNESS CENTRE  
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**This newsletter is sponsored and published by the TRU Wellness Centre. Questions or comments? Please contact Chelsea at 828-5010 or [ccorsi@tru.ca](mailto:ccorsi@tru.ca) for more info**

Check us out at [www.tru.ca/wellness](http://www.tru.ca/wellness) for more health and wellness info!

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## September Wellness Events...

### Yoga & Piloga Classes

### TRU's Biggest Winner!

10 week session starting the week of Sept 15

Yoga with Sam

Mon, Sept 15 - Dec 1

12:30-1:30pm

OR

4:45-5:45pm

Piloga with Mohd

Tues, Sept 16 - Nov 25

4:45-5:45pm

OR

Thurs, Sept 18 - Nov 20

4:45-5:45pm

Yoga with Margaret

Wed, Sept 17 - Nov 19

12:30-1:30pm

Location: TBA

Cost: \$45 students and \$85 employees  
Drop-in: \$5 students and \$10 employees  
(Not guaranteed - only if space is available)

To register for yoga please contact Chelsea Corsi at [ccorsi@tru.ca](mailto:ccorsi@tru.ca) or call 250-828-5010.  
*Pre-registration is recommended as classes fill quickly.*

You can also register at:

Student Street: Wed, Sept 3 & Thurs, Sept 4  
from 11:30am - 2:30pm

Welcome Back BBQ: Fri, Sept 5 (Wellness table)

Pancake Breakfast: Wed, Sept 10 from  
9-11am, outside Old Main

Learn how to take control over your physical, mental, and spiritual health by participating in this 9-week program. Sign-up as an individual or up to a team of 4. You will have lessons from nutritionists, sports trainers, and professionals in spiritual health and stress management.

Register at:

Student Street: Sept 3 & 4 from  
11:30am - 2:30pm

Welcome Back BBQ: Fri, Sept 5  
(Wellness/Recreation tables)

Pancake Breakfast: Wed, Sept 10 from  
9-11am, outside Old Main

or

By picking up registration forms from  
TRU Recreation (Gym 303) or the TRU  
Wellness Centre (OM 2453)

Cost: \$10/student or \$20/employee

Please register by:

Thursday, September 25, 2008

Questions? - E-mail Chelsea at

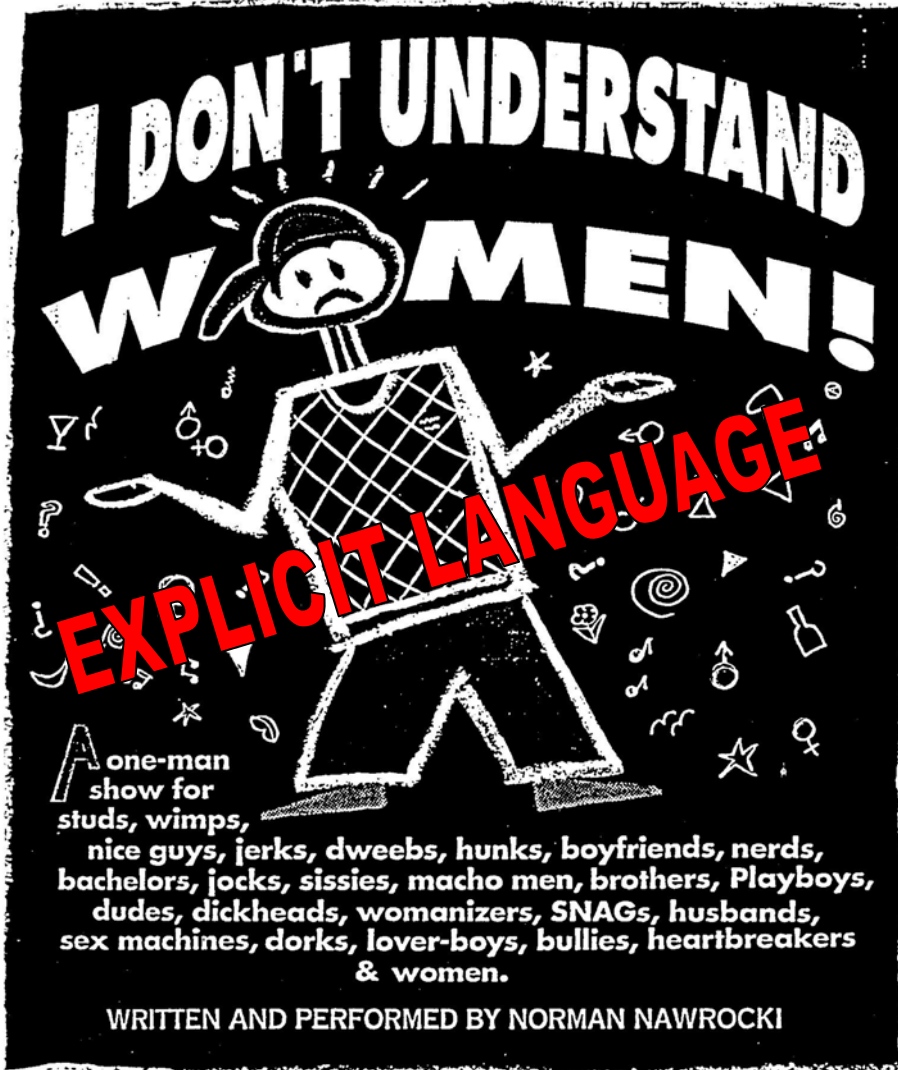
[ccorsi@tru.ca](mailto:ccorsi@tru.ca) or Pina at [prusso@tru.ca](mailto:prusso@tru.ca)



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# Bladder Chatter p.3

## September Wellness Events...



**FREE** but tickets needed to get in. Get them at:

- Student Street (Sept 3 & 4)
- Welcome Back BBQ (Sept 5)
- Pancake Breakfast (Sept 10)
- Counselling Office (OM 1651)
- TRUSU Office (CAC)
- Health Services (OM 1463)

Sponsored by:



TRU WELLNESS CENTRE  
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**TRU Counselling**  
**TRU Student Affairs**

**Thursday, September 11**  
**7:00 pm**  
**Independent Centre (CAC)**

**FREE for students and employees**

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## So what is the TRU Wellness Centre all about?

### TRU Wellness Centre Mission Statement

The TRU Wellness Centre promotes the physical, emotional, social, intellectual, occupational and spiritual well-being of students and employees by providing a comprehensive package of health education and promotion activities, services and programs.



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The TRU Wellness Centre promotes the well-being of our growing, changing, diverse TRU community. The TRU Wellness Centre values the health of all employees and students on campus, and aims to provide unique, educational and fun programs that will help provide the skills and tools needed to create a more harmonious and balanced lifestyle.



Please visit our wellness website for the latest health and wellness information that is relevant to your life! You can also find links to other great websites, local health and wellness resources and past *Bladder Chatter* issues. Just go to:

[www.tru.ca/wellness](http://www.tru.ca/wellness)

or contact

Chelsea Corsi, TRU Wellness Coordinator at  
250-828-5010 or [ccorsi@tru.ca](mailto:ccorsi@tru.ca)  
OM 2453

### Wellness Centre Services

#### One-to-one Health and Wellness Planning, Education & Consultation

Students and employees can make one-to-one appointments with the Wellness Coordinator to discuss health and wellness related issues, as well as utilize the Coordinator as a health and wellness consultant.

#### Small Group Health and Wellness Education Sessions

As a faculty member, one of the Wellness Coordinator's roles is to provide health and wellness education to our campus community. Health teaching occurs in many student classrooms and campus workshops throughout the year.

#### Campus-Wide Health and Wellness Events

Throughout the year, many fun and educational campus-wide health and wellness events are organized for students and employees. During the 2008-09 school year look for:

- "I Don't Understand Women" (sexual health comedian Norman Nawrocki), Yoga & Piloga Classes, TRU's Biggest Winner (Personal Lifestyle Makeover Program with TRU Recreation), TRU on the Move Activity Challenges, Bladder Chatter Newsletter (washrooms around campus), Know the Score Program, Stress Buster's Weeks, Sexual Health Week, Diabetes Expo, The Great Canadian Smoke-Out Challenge and much, much more!

#### Student Practicum Placements

Students from various disciplines have completed projects and/or practicum placements with the Wellness Centre. Since 2004, over 130 TRU students have worked with the centre in some capacity!

