



Volume 5... Issue 3



Bladder Chatter

TRU Student Health & Wellness Newsletter

Welcome to 2009!

Welcome back to all returning students and new students starting this winter.

What is *Bladder Chatter*?

This newsletter was created in January 2005 by third year nursing students and the TRU Wellness Coordinator. We gave it this unusual name because you will find this newsletter in various washroom stalls across campus (i.e. Old Main, Science and A&E buildings). Look for monthly issues that focus on health and wellness information that is relevant for students.

If you have any questions or comments please contact Tanya Sanders, Interim Wellness Centre Coordinator at 828-5010 or tsanders@tru.ca

In this issue:

- ◆ Yoga & Piloga Class Info
- ◆ The Great Canadian Smoke-out Challenge
- ◆ Tips for starting the semester well

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.

This newsletter is sponsored and published by the TRU Wellness Centre. Questions or comments? Please contact Tanya at 828-5010 or tsanders@tru.ca for more info

Check us out at www.tru.ca/wellness for more health and wellness info!



TRU WELLNESS CENTRE
LIVE TRULY WELL

Yoga and Piloga

Yoga with Sam

Mondays 12:30-1:30pm

Mondays 3:00-4:00pm

Yoga with Christina

Wednesdays 11:30-12:30pm

Yoga with Selina

Wednesdays 4:45-5:45pm

Yoga with Margaret

Thursdays 12:30-1:30pm

Piloga with Mohd

Tuesdays 4:45-5:45pm

Thursdays 4:45-5:45pm

Fridays 11:30-12:30pm *proposed



Cost:

\$45 Students

\$85 Employees

Drop-in

(if available)

\$5 Students

\$10 Employees



TRU WELLNESS CENTRE
LIVE TRULY WELL

To register please e-mail Tanya from the Wellness Centre at:
tsanders@tru.ca

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TRU WELLNESS CENTRE
LIVE TRULY WELL

GREAT CANADIAN SMOKE-OUT CHALLENGE!

\$300 in Prizes to Win!!



BECOMING AND STAYING TOBACCO FREE

Are you tobacco free?

Do you regularly use tobacco products?

Do you use only when you party?

CONTEST CATEGORIES:

1. QUIT FOR GOOD

For regular or occasional smokers who have been ready to quit and are looking for a way to do it... You will receive ongoing support and access to resources

2. PARTY WITHOUT THE PACK

For social tobacco users - who want to make a step towards stopping their tobacco use... You will receive ongoing support and access to resources

3. DON'T START AND WIN!

For those who are already tobacco free! We want to acknowledge you! As one of 7 out of every 10 TRU students who are tobacco free - we want to help you to stay that way!

How to Win:

During National Non-Smoking Week
come see us:

Tues to Thurs, January 20-22, 2009
TRU's Student Street (Old Main)

11am - 2pm

or

Thurs January 22, 2009

Trades Building

11am - 1pm

Bring a friend, sign the pledge sheet
and enter the contest

Each qualified person will be entered into a draw to win one of three

\$100.00 Prizes

Questions? Contact Tanya
@ 828-5010 or tsanders@tru.ca

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**TRU promotes a
scent reduced
environment**

This means that our community is asking that you limit the scented products you wear to campus.

Please see our website for more info:

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

Check out:

quitnow.ca



Great information and support available for those of you who want to quit or help someone quit.

Starting the semester well....

- Get organized—make a list of assignments & exams, start your planning now
- Create a study haven—a place you can get your work done
- Schedule breaks in your day
- Take time to renew your energy
- Reward yourself!
- Write-it down, keeping lists, using your calendar, sticky notes or a planner can help keep your brain “free for learning”

Source: Smith MJ & Smith F., “The smart student’s guide to healthy living.” 2006.



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LIVE TRULY WELL