



Volume 3 Issue 5



# *Bladder Chatter*

TRU student health & wellness newsletter

*“Live TRU-ly Well” in 2007!!*

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***Upcoming Wellness  
Events***

***Tobacco Information &  
Resources ...***

***Are you ready to quit?***

***The Updated Wellness  
Website***

## ***What's Bladder Chatter?***

The goal of *Bladder Chatter* is to provide students with current and relevant health and wellness information in an anonymous way. *Bladder Chatter* is published by the TRU Wellness Centre once a month.

If you have any questions or comments please contact Andrea at 828-5010 or [atamburro@tru.ca](mailto:atamburro@tru.ca) for more

**New Wellness Centre  
Slogan...**

***Live TRU-ly Well***

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For more information about campus wellness activities and events  
please see our website at [www.tru.ca/wellness/](http://www.tru.ca/wellness/)  
or check the “wellness info boards” on Student Street

## Winter 2006

## Wellness Activities

Starting in January...

### Yoga

Christine Shebele 374-5421

#### Mondays

Jan 22 - through March 26 5 - 6 pm

Wednesdays Jan 24 - through March 28  
11:30 – 1 pm

### The Great Canadian Smoke-Out Challenge

Challenge begins Wednesday, January 22  
and ends Monday, March 26.

\$300 in prizes to win if you stay  
tobacco free  
throughout the contest!

Bring a witness to register!

Mon or Tues Jan 22 & 23rd  
Student Street

Wed Jan 24—International Building

Thurs Jan 25 Trades Building

### Winter Fitness Fair

### Gathering of People with Disabilities And Friends

Wed Jan 31 Culinary Arts Building



Also coming in 2007...

Winter Fitness

Body Image Awareness

Heart Health Week

Women's Health Week

Men's Health Week

Spring Free From Racism

Gambling Addictions

**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/)

# Wellness Newsletter Feb 07

## 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,**
- **Mon & Tues, Jan 22 & 23, Student Street** (Old Main Building)
- **Wed Jan 24 International Building**
- **Thurs Jan 25 Trades/Tech Building**
- **Times: between 10am & 2:30pm**
- Bring a support person, and enter the contest
- For those who are stopping smoking Pick up a free "Cope Kit" (resource kit)
- Remain Tobacco free from January 29, 2007 until Monday, March 26, 2007, and be entered to win
- Each qualified person will be entered into a draw to win one of three **\$100.00 prizes**
- Announcement date March 26, 2007

**Questions? Contact Andrea**

**@ 828-5010 or atamburro@tru.ca**



## FREE Tobacco Quitting Resources on Campus

### Kick the Nic at TRU

The Respiratory Therapy Department is pleased to offer a **NEW on-campus** support group for students ready to stop using tobacco. It will consist of 6 sessions (Time and place TBA).

#### What's in it for you?

- Learn about addiction and how to deal with "NIC fits"
- Moral support from fellow quitters
- Free lung testing and physical assessment
- Coping strategies to last a lifetime

**Interested? Contact the Respiratory Therapy Department at (250) 371-5952**

### NIC Program

A Respiratory Therapist is starting January 9 and will be here every Monday after that from 12:30-1:30 pm. NIC Counsellors will work with clients over the course of a year to develop a tobacco plan that focuses on three main areas: medication (nicotine replacement therapy), behavioural (habit) changes and relapse prevention strategies. The first time visit with her takes ~ 1 hour. There is a 1 week face to face follow-up which takes 15-30 minutes. The next follow-up is a week later by phone. There are 1 month, 3 month, 6 month and 1 year follow-ups. **Individuals needing the patch will get it for free at the first visit.** (This is the NIC program in a nutshell).

**Please contact the RT department at 371-5952 and leave your name, number and let them know it is the NIC program you would like to register for.**

**This is a FREE program by the way!**

## The New Wellness Website!

**Search health topics from sex to anxiety, upcoming wellness events, past Bladder Chatter issues, wellness services on campus and contact info!**

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