

OctSOBERfest

Celebrate Alcohol Awareness Month@ ODU!

RED Watch Band Training Oct 9, 3.00 in Webb Center, Chesapeake Rm. Someone drank too much alcohol and needs help...do you know how to respond? Attend this training to learn more about what to do and how to help! You could save a life! Help promote a culture of kindness, responsibility, compassion and respect at ODU! Sponsored by the Office of Counseling Services. To register, call: 757-683-4401.

Healthy Happy Hour Oct 10 & 24 , 12:30-1:30pm, Front Lobby, Webb Center Enjoy a healthy mocktail courtesy of SHS Health Promotion & Monarch Catering. Yummy drinks and great info! FMI: cwinter@odu.edu

TIPS Training Oct 17, 9.00-11.00am VA Beach room and October 28, 5.00-7.00pm Portsmouth room. TIPS (Training for Intervention Procedures) is a skills training program designed to empower students with the necessary skills to safely intervene with friends BEFORE a situation involving alcohol gets out of control! Certification is for two years and looks great on a resume! To register: check student announcements or email cwinter@odu.edu.

PAW Event. Lights, Camera, Healthy Actions! Oct 18, 6:30pm on the QUAD. Want something new to do on a Friday evening? Bundle up for an outdoor movie with SHS Health Promotion! The event is free and includes hot chocolate, pepsi products and popcorn! **The first 100 students** will receive an ODU blanket! FMI: cwinter@odu.edu

SAC sponsored movies: *Grown Ups II* on Oct 18 and *White House Down* on Oct 23, at 8:00pm, MGB 102. Friday night fun! Grab your friends and head over to MGB 102 to watch a movie for FREE!

Free HIV testing Oct 21, 11.00-2.00pm, Chesapeake Room, Webb. First 50 students with ODU ID! Pick up information related to sex & alcohol...risky combination! FMI: 757-683-5927

National Collegiate Alcohol Awareness Week. Alcohol Screenings! Oct 22, 12pm, North Mall, Webb Center. Stop by the North Mall to complete a free alcohol assessment with the Office of Counseling Services! Learn how to recognize the signs/symptoms of alcohol abuse and how to help a friend! FMI: 757-683-4401.

Public Safety Night Out, Oct 23, Kaufman Mall, 4pm ODUPD invites you to join them along with other local Public Safety Agencies, for information and demonstrations on safety, security and alcohol awareness. FMI: Officer Medel at 757-683-5897.

Zombie Invasion, Oct 23 6-8pm, Perry Library. Are alcohol and drug use stealing your brain?? Stop by this event to learn how to "feed" your brain in healthy ways! Also learn how alcohol and marijuana use impacts your body!

7th Annual Housing & Residence Life Haunted Halls. Oct 25 & 26 from 8pm-12am, Powhatan Community Room "The Wicked Wasteland of OZ"! Want to go? Donate nonperishable food items to benefit the Food Bank of Southeastern Virginia! Come find out *what awaits at the end of the bloody brick road!* FMI: ODU HRL

Visit the Student Rec Center! Curious how long it will take you to "work off" the calories from drinking alcohol? Check out the calorie cards posted on cardio machines throughout the month to educate users about alcohol and empty calories.

Want to Win a Prize?? Two Opportunities.

1. **Complete E-Chug or E-Toke** (<http://interwork.sdsu.edu/echug2/ODU>) or (<http://interwork.sdsu.edu/etoke/ODU>), print out the completion certificate and bring it to 1525 North Webb Center (near Starbucks). Drawings held each Friday in October! \$25 Monarch Plus = prize
2. **Take your picture** with an "Are You a Healthy Monarch?" poster or flyer found around campus and email it to cwinter@odu.edu. You could win an ODU Prizepack! Submit your picture Oct.1-31 for a chance to win!

"May all of your festivities be happy and healthy"

Homecoming is Oct. 4th — Please celebrate responsibly! Go Monarchs!