

USNH/MCCS Health & Wellness Corner

April 2003



April is National STD Awareness Month

STD FACTS

(Source: American Social Health Association)

- One in five people in the United States has an STD.
- Two-thirds of all STDs occur in people 25 years of age or younger.
- One in four new STD infections occur in teenagers.
- STDs, other than HIV, cost about \$8 billion each year to diagnose and treat.
- At least one in four Americans will contract an STD at some point in their lives.

Check the following websites for more information on STDs.

www.ashastd.org

www.cdc.gov/health/std

www.i-std.com

www.niaid.nih.gov/factsheets.stdinfo

New Massage Therapist

MCCS Massage Therapy Program at
Camp Foster.

Anna DiBucci, CMT

- Specializes in Swedish Massage
- Thurs-Sat by appointment
- Please Call: 645-3985

UPCOMING USNH/MCCS HEALTH & WELLNESS EVENTS

BALANCE

WEIGHT-MANAGEMENT SUPPORT GROUP...

Join us for our brand new monthly support group and learn about the latest nutrition, fitness, & wellness topics in a relaxing, supportive group atmosphere! This is open to everyone seeking monthly weigh-ins, support, education, and much more! Free! Bring a friend, spouse, co-worker, or family member...please call 645-2620/3910 to sign-up.

**First meeting will be held Thursday,
17-April at 1730-1830
Camp Lester Chapel**

Tobacco Cessation 5 week course

Courtney 7 April 622-7311

Hansen 8 April 623-4623

Foster Counseling Ctr. 16 April 645-3009

Eating For The HEALTH of It

Lose weight the healthy way! 4-week class (Thursday's 0930-1030). **2 classes in April, 17th & 24th.** Call 645-2620 to register.

IE Shima Bike/Hike Tour 26 April Sat.

Tour the island on bike, hiking the mountain, lunch, and more. Car pooling to Motobu Port from USNH, leaving 0700.