Welcome Back Mountaineers

Happy first week of classes! We hope you had a smooth time moving in and are ready to take on the school year. COVID-19 has brought on a lot of change, but we at Wellness and Prevention Services are committed to providing services to you safely. We encourage you to stay safe and healthy, physically, emotionally and socially. Check out our website for COVID-19 related updates and follow us on social media to keep up with us!

Campus Safety

Wellness and Prevention Services care deeply about your safety. If you haven’t already, take the student COVID-19 course, knowledge is power! Here are some tips to stay safe on campus.

- Carry around a face covering whenever you go out, even if you have no intentions of going to a space that requires you to wear one. Better to be safe than sorry.
- Stock up on reusable face coverings.
- Wash your hands frequently with warm soap and water for 20 seconds
- Use hand sanitizers with at least 60% alcohol
- Develop a routine for cleaning and disinfecting your living space.

For more information on AppState’s COVID-19 updates please visit: https://www.appstate.edu/go/coronavirus/

Fast Fact

Immunity is probably on everyone’s mind so let’s talk about Vitamin C. Our bodies do not store or create this vitamin, so it should be consumed daily. Vitamin C is an antioxidant, which prevents/slow’s damage created from free radicals! Citrus fruits are great sources of vitamin C, but did you know red bell peppers have 3 times the amount of vitamin C that oranges have? Try to incorporate some foods high in vitamin C this month.
Upcoming Events

All Recovery Support Meeting: Wednesday 5:30-7pm
http://bit.ly/3epL1tm

Open to EVERYONE: peer support for substance use, mental health, eating, and all areas of recovery

KORU Mindfulness classes: This 4-week course focuses on mindfulness and meditation. A variety of times and dates are offered, register at: https://wellness.appstate.edu/koru-mindfulness

After completion of your KORU class earn a free coffee mug to add to your collection!

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<th>Peer Educator Updates</th>
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<td>Get to know our Peer Educator groups: We Can, Red Flag, and We Coach.</td>
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Red Flag: Educators create active bystanders by speaking on the “red flags” of violence. Apply to join at https://redflag.appstate.edu

WE CAN: These students advocate for student well-being and promote healthy behaviours. Request a WE CAN presentation for your club/class at: https://wellness.appstate.edu/wecan

WE COACH: Coaches provide one on one peer coaching sessions. Request an appointment at: https://wellness.appstate.edu/we-coach

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<th>Student Highlight</th>
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<td>Please welcome our new Wellness Graduate, Ellen Carpenter. Ellen is starting her first year here as a GA and graduate student in Nutrition and Dietetics. She received her ungraduated degree from Western Caroline University and is excited to be a part of the Appstate community!</td>
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Check our website for more!

Website: https://wellness.appstate.edu/ Contact: 828.262.3148 Email: prevention@appstate.edu