

# First Things First Newsletter

September/October 2012



## Capoeira

Learn Capoeira techniques from Ohio Capoeira instructors on **Wednesday, September 19th at 8pm**-Murphy room, Student Center.

Capoeira encompasses Afro-Brazilian culture, art, music, language, self-defense and acrobatic movements into one cohesive whole. Through Capoeira people develop a great sense of coordination, self-esteem, flexibility, balance and discipline.



## HOMESICK?



You're not alone  
Signs include...

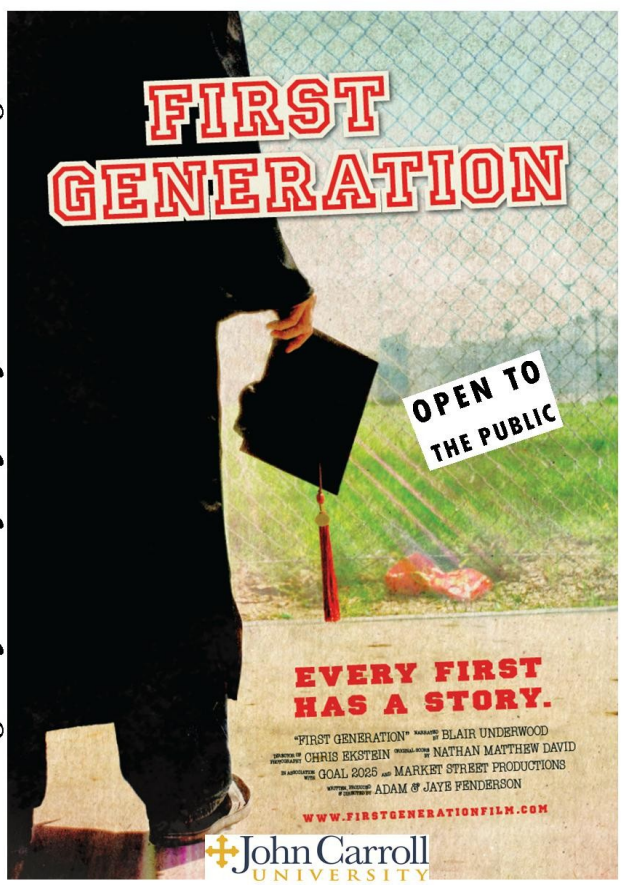
- Anxious about being away from parents, guardians, friends, siblings, or even pets.
- Anxious about doing well in college and meeting new people.
- Lonely or isolated.
- That everyone but *me* seems to be adjusting and having fun.
- Depressed or sad.
- Unmotivated to attend class, study, make friends, or even eat.
- Constant thought about home

*HomeBuddies is a group that meets to offer support to those who express homesickness. Meetings are held bi-weekly, and anyone is welcome to attend.*

*Next meeting Thursday, September 20th at 7pm in the O'Dea room, Student Center*

*Any questions, call Megan x1973*

A film about being the first in your family to attend college.



A film about being the first in your family to attend college.

Wednesday, September 19, 2012  
Screening 1: 2:30p- 3:30p Dolan 202/203  
Screening 2: 5:00p-7:00p  
Dolan Auditorium

(Discussion & reception following screening)  
<http://firstgenerationfilm.com/>

## FREE HIV and STI Testing on CAMPUS-ANONYMOUS

On Thursday, September 27th, Nurses from the Board of Health will be at the Student Health Center, 12n-4pm, testing for HIV, Gonorrhea and Chlamydia (non-invasive) at no cost to the student. If needed, medication will be provided free of charge to the student. Please call the health center, 216-397-4349, with any questions



## INTO THE LIGHT<sup>SM</sup> WALK

SUNDAY EVENING, SEPTEMBER 30, 2012  
At the Cleveland Metroparks Zoo

Register to walk for free through the Health Educator, Megan Dzurec @ 216-397-1973 and get a free t-shirt to wear during the walk. Any questions, ask Megan. For further information [click here](#).

## Intramural News

Now is the time to get started on winning your 2012-2013 Intramural championship t-shirt! Make sure to up for the tennis tournament by September 25th, the tournament by October 9th, and the racquetball league by October 9th. Sign up individually or with a friend; you don't want to miss the fun in Intramurals this fall!

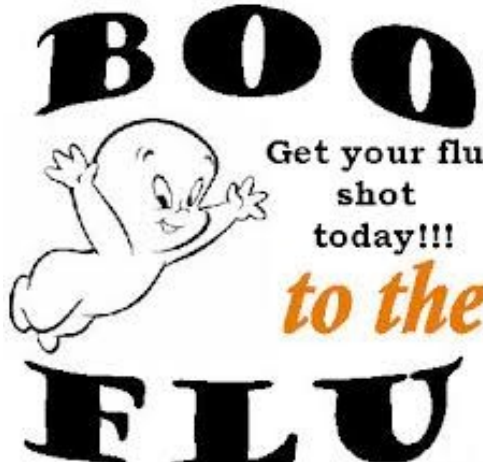


## FREE FLU SHOTS

Beginning Wednesday, October 3rd, seasonal Flu shots will be available for free, in the Atrium, from 8-10pm for the first 200 students. Then, flu shots will be given at the Student Health Center (lower level, Murphy Hall) for JCU students, 11am—5pm, weekdays. Seasonal Flu vaccine is highly recommended by the CDC for BEST prevention against the flu. Any questions, call the Health Center, 216-397-4349.

### PREVENTION:

- Frequent Hand washing
- Avoid contact with sick people
- Don't touch your eyes, nose, mouth
- Get the "FLU SHOT"



## YOGA in CAMPUS

Take the time to try one of our new group fitness classes this fall! Relaxation yoga is on Wednesdays from 11:00am - Noon and Pilates is from Noon - 1:00pm on Fridays. Don't hesitate to drop by the Rec Desk to pick up your own copy of the group fitness schedule as well!

### Get Rhythm!

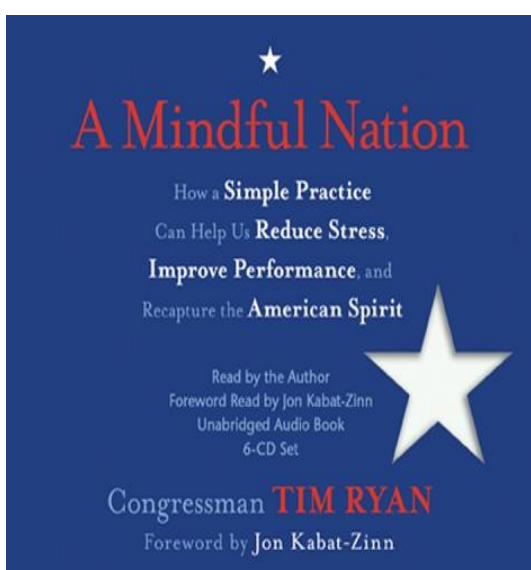
John Scalici, Drum Circle Facilitator  
Saturday, October 6, 2012  
4:00 p.m. Homecoming Event

John Scalici is an award winning teaching artist, internationally recognized drum circle facilitator, musician, and speaker. His powerful message of using rhythm to Inspire, Empower, and Motivate has been featured at college campuses, corporate events, churches, festivals, and classrooms across the United States and Japan.

Co-Sponsored with the JCU Homecoming Committee



## Wed. November 7th Book Discussion and Lunch – "A Mindful Nation"



Campus Ministry, The Health Center, Student Activities and the Counseling Center are sponsoring a program to introduce the practice of Mindfulness Meditation. will be offering copies of the book, "A Mindful Nation" written by Congressman Tim Ryan from Youngstown. Ryan has been successful in introducing this practice to many different groups of people and has found that it has been helpful in his own life. Ryan will join us for part of the discussion in his schedule permits. There will be a meditation demonstration after the lunch. can remain seated for this and you don't have to wear any particular kind of clothing.

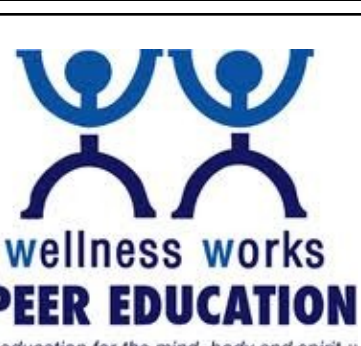
You will receive a copy of the book in advance of the event. To sign up for any part of the program, please [click here](#)

## "An Evening with Marilyn Hacker"

Marilyn Hacker, Poet  
Tuesday, October 23, 2012 at 7:00 p.m.  
Rodman A, Rodman Building



Marilyn Hacker is an award-winning poet and translator whose work courageously explores the relationships between the personal and the political. work has been groundbreaking in its dazzling employment of traditional forms to capture the lives of men and women, gays and straights, American and global. Co-sponsored with the English Department



## Become a Peer Educator

If your interested in teaching others about living a healthy life-style-apply on line by [clicking here](#)

For more information Call Megan Dzurec, the health educator. x1973

:: education for the mind, body and spirit ::