Student Services

CNR Wisdom for life.

Health Services

Spring 2014

February

Healthy Hearty Welcome

Meet the staff of the Counseling & Health Services Office during your lunch break.
Stop and see what services we offer and how we can help you! Enjoy a taste of feeling good!!

Wednesday, February 12, 2014 12:00 – 2:00 pm Sweeny Student Center Foyer

Go Red for Women-Heart Health & Wellness Jeopardy

Fact or Fiction-Dispel the myths of Heart Disease! Learn how to care for the one you love the most and who you need to love the most. The steps are simple-learn the facts about heart disease, prevention and lifestyle changes. Put the myths to rest and learn more through this fun interactive game and win a free massage!

Tuesday, February 4, 2014 12:30 – 1:30 pm Sweeny Student Center Dining Hall

Blood Pressure Screening

High blood pressure is a common condition, affecting 29% of the adult population in the US. It is a major risk factor for heart attack, stroke & kidney disease. Being aware of your blood pressure reading is an important indicator for prevention. It only takes a few minutes to check but it's worth extending your life!

Wednesday, February 26, 2014
Wednesday, March 26, 2014 12:00 – 1:00 pm Health Services Office
Wednesday, April 23, 2014

Cardiopulmonary Resuscitation Courses

Full Course 9:30am-2:30pm

Monday, February 3, 2014
Friday, April 25, 2014
Thursday, May 22, 2014
Friday, June 13, 2014

Recertification Course 9:30am-1:00pm

Friday, February 7, 2014
Thursday, May 29, 2014

Cardiopulmonary Resuscitation courses are offered throughout the school year. The schedule and registration forms can be obtained online at http://www.cnr.edu/documents/spring-cpr-reg.pdf