

Tiger Scoop



Have an Enjoyable Summer!

Calendar

May

- 1-7 Good luck with your finals!
- 9 Spring Commencement
- 10 Mother's Day
- 15 Free, oral HIV Testing, UC 208 10 - 1
- 22 Free, oral HIV Testing, UC 338 10 - 1
- 25 Memorial Day
- 29 Free, oral HIV Testing, UC 338 10 - 1

June

- 5 Free, oral HIV Testing, UC 208 10 - 1
- 12 Free, oral HIV Testing, UC 338 10 - 1
- 19 Free, oral HIV Testing, UC 338 10 - 1
- 26 Free, oral HIV Testing, UC 338 10 - 1

July

- 10 Free, oral HIV Testing, UC 338 10 - 1
- 17 Free, oral HIV Testing, UC 338 10 - 1
- 24 Free, oral HIV Testing, UC 338 10 - 1
- 31 Free, oral HIV Testing, UC 338 10 - 1

August

- 7 Free, oral HIV Testing, UC 338 10 - 1
- 28 Free, oral HIV Testing, UC 338 10 - 1

LOVE SHOULD NOT HURT

Abusive relationships can involve not only physical but also emotional and sexual abuse. These lethal relationships can lead to emotional problems. Normal reactions include:

- Memories of the abuse
- Trouble concentrating
- Feeling jumpy or irritable
- Depression
- Anxiety

Let the ATHENA PROJECT help you move past this.

For a free assessment and possible treatment, please call Dr. Gayle Beck for more information.



(901)678-3973

To read, install QR Code Reader (free app).

STUDENT health101™

ENTER TO WIN \$1,000 each month!!!

- Top 4 Portable Protein Packs
- A Bit More Fit
- How Career Services can Help
- Surviving Sexual Assault
- The Parent Pop-Quiz
- Disordered Eating
- Relationship with Body & Food
- UCookbook – Sandwiches
- Fitness U – Playful workouts

Text MEMPHIS to 40691 for weekly updates from Student Health 101!

WHAT RECORDS SHOULD I KEEP???

- Immunizations (keep for lifetime)
- Medical History (updated medication list)
- Birth Certificates
- Marriage/Divorce
- Military Records
- Social Security cards
- Financial
 - Taxes (keep 7 years)
 - Student Loan information
 - Bank statements
 - Rental agreements
 - Credit card statement
- Insurance Policies
- Receipts for large purchases (car/motorcycle/appliances)
- Car Titles
- Mortgage Papers / Deeds
- Car and Boat Registration

You never know when you will need these!

Student Health and Counseling Services WELCOME to ALL New Students Attending Orientation

Summer Hours:

Student Health Center
M,W,TR,F 8-4:30; T 9-4:30
901-678-2287

Counseling Services
M-F 8-4:30
901-678-2068

memphis.edu/tobacco

Help us be Tobacco Free!

READ TIGER SCOOPS ONLINE AT MEMPHIS.EDU/TIGERSCOOP

Brought to you by your Student Health Center.

Questions? Email jdefouw@memphis.edu



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