

HALLSTREET JOURNAL

From COUNSELING

REMEMBERING LIVES LOST & OFFERING HOPE:

Seeds of Hope 5K & Transgender Day of Remembrance

We remember the lives of those lost to suicide and violence. We offer hope and support for those who are still living.

Active Minds hosts 8th Annual Seeds of Hope 5K Saturday, November 18th 5:30pm on the UWF track.

This event occurs on International Survivors of Suicide Loss Day to commemorate the lives we've lost, while supporting all those who have lost loved ones to suicide.

To register, search "8th Annual Seeds of Hope 5K Walk" at eventbrite.com



Monday, November 20th is Transgender Day of Remembrance.

On this day, we remember those we have lost due to anti-transgender bigotry and violence and commit to continue to work for hope and justice so that all people can be free to be themselves!

STRIVE, a local trans initiative will be hosting an event November 20th. Follow their Facebook page, Social Trans Initiative, for details and updates!



From HEALTH SERVICES

Stay Healthy During Flu Season

Flu vaccines are now available at Student Health Services for only \$19! Call to make an appointment today: 850.474.2172

The most important step to protect yourself against the flu is getting your flu shot. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older get a flu shot each year by the end of October if possible.

It takes your body about 2 weeks to develop antibodies to protect you from the flu so don't wait-get your flu shot soon!

Practice these other tips to keep germs away

1. Encourage everyone to get a flu shot
2. Stay away from people who are sick
3. Wash your hands regularly



From WELLNESS

DON'T WRECK THE HOLIDAYS National Impaired Driving Prevention Month

You are not above the law:

- In every state it is illegal to drive with a BAC of .08 or higher
- It is illegal to drive under the influence of alcohol OR drugs
- Law enforcement actively look for impaired drivers, especially during the holidays

Plan a SAFE ride home with these tips...

- Designate a sober driver before going out that night
- Have your plan in place before you have your first drink
- If you do not have a designated driver, call a taxi, uber, or lyft
- Help others be responsible. If you know someone has been drinking, do not let them drive home

