National Nutrition Month

March is national nutrition month, dedicated to nutrition along with staying healthy by eating right and exercising. Test your knowledge about nutrition and health:

1. With the weather warming up and exercising outside what is the most important issue when exercising outside?

2. What are three foods that are over 90% water?

3. How many miles does that average person walk in their lifetime?

4. What is the number one reason for fatigue during the day?

5. How many muscles do you use to take a single step forward?

6. In an average lifespan does a person have more breaths or heartbeats?


March 3-9 is National Problem Gambling Awareness Week

If you know someone with a gambling problem visit: www.ncpgambling.org/

On Campus:

Strength and Acceptance: One Athlete’s Story of Partner Rape, Recovery, and Redemption

Witness the powerful story of a Muhlenberg Alum’s experience in a long-term abusive relationship with a fellow athlete.

Tuesday, March 19
7:00 P.M. in the Great Room
*Sponsored by Counseling Services and Active Minds

Please have and fun Spring Break!

Tips for having a safe spring break:

• Let others know where you will be and check in with your parents.

• Do not drive or get in the car with anyone who is buzzed.

• Drive safely and wear a seatbelt.

• When going out leave with the people that you came with.

• Respect other personal boundaries.