Move it!

Regular physical activity increases memory & energy, improves sleep & focus, and can help regulate mood and stress. Start with whatever seems manageable -- even a 10-minute walk can be helpful! In time, try to work up to 20:30 minutes three times a week.

Eat Well

Eating a balanced diet gives your brain and your body the vitamins and minerals needed to stay well. Start your day with breakfast and try adding a piece of fruit or colorful veggie to each meal.

Get Your Zzz's

Aim for 7-8 hours of sleep per night. Getting enough quality sleep can help protect your mental health, physical health, & quality of life. Trouble sleeping? Blitz StudentWellnessCenter@dartmouth.edu to schedule a wellness check-in.

Meet with your PCP

Connecting with a Dick's House Primary Care Provider is a great way to stay on top of your health. PCP appointments are FREE & CONFIDENTIAL for enrolled students. Go to https://students.dartmouth.edu/health-service/ for more info or to make an appointment.

Dick’s House offers the following services:

- **Get your flu shot!** Increase your chances for avoiding the flu by scheduling your Free Flu Shot @ Dick’s House! - Oct 25, 29, & 30
- **Medi Quad** a two-hour open booth from 12:00-2:00 pm at '53 Commons, every Thursday. Refill prescriptions, have a Q&A with a provider, or get help scheduling appointments.
- **Labs and X-Rays** a wide range of x-ray & laboratory services, including routine blood testing
- **Happy Hours** STI screenings where you live & play! Bring providers from Dick’s House & Sextups to your group for an in-house testing event. Get all your sexual health questions answered! Blitz sextups@dartmouth.edu for more info.
- **Allergy Clinics** support in managing your allergy symptoms and/or medications.

Did You Know?
Research has shown that eating the right meal increases academic performance (memory and attention).

Did You Know?
Research has shown that a good night of sleep is more beneficial for learning than staying up late cramming.

Did You Know?
The average Dartmouth student visits Dick’s House about 5 times during their time at Dartmouth.