



**FOR IMMEDIATE RELEASE
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CHICO STATE WELLNESS BLOG CONNECTS STUDENTS AND PHYSICIANS

CHICO, Calif. – The Chico State Student Health Center has created a blog in which students and physicians can discuss the most pertinent health issues to college students. The Wellness Blog will allow students to interact with Student Health Center staff on a variety of issues such as: the importance of hand washing, regular exercise requirements, nutrition information, how to keep a healthy weight, the effects of drugs and binge drinking and ways that students can overcome these addictions, ways to germ proof your apartment and tips to keep your stress levels down and energy levels up.

This comprehensive blog will serve as a medium among students, allowing them to share their experiences, triumphs and failures, which will ultimately lead to a plethora of information that comes from their peers. It will also contain expert advice from Health Center staff about these issues.

Students are encouraged to submit questions through the Student Health Service Web site, as well as comment on posts they can further elaborate on and share their own experiences with fellow students. Student Health Services will monitor the blog and gain insight on which topics are more prevalent among students, and which topics need to be further addressed.

Currently, the SHC serves 64 percent of the student population, and seeks to increase that number through a variety of media outreach tools available for student use and cooperation.

The Student Health Center is an accredited wellness facility available to all students through a fee paid along with their tuition. They sponsor two health fairs each year, and continue to look for ways to inform students about the preventative practices that result in good health year round.

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