

Wellness Comes in Seven

Wellness Resource Center

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Upcoming Events

Check our Website and Facebook page for up-to-date information.

Wellness in Columbia

July 4th— ABC 17 Fire in the Sky, Memorial Stadium



July 16, Aug 8 and Aug 20—Museum of Art and Archeology Film Series. 100 Pickard Hall 7 pm

July 17-Aug 2—Show Me State Games

July 18— The 80s Run, 80's attire is required in this 5k fun run and dance. Email off-trackevents@gmail.com for more info.

July 20-26— Boone County Fair, multiple events everyday.

July 24— Artrageous Fridays, Throughout the District artwork will be displayed as well as various other events. Call 573-442-4831 for more details

Question of the Month

“Name two ways you can make your BBQ healthier?”

*Email Julie at tobiasja@missouri.edu with the correct answer to enter into a drawing for:

\$10 of Wellness Bucks!

May Winner: Kimberly Dickinson

Healthy BBQ Food

Summer Bar-b-ques are always a great time, but never figure friendly. Here are some tips to make your feast healthier:

- Use turkey or fish when possible
- Make shish kabobs packed with vegetables
- Provide a veggie display

- Use reduced fat products such as cheese and mayo
- Use oils such as olive and canola
- Use whole wheat grain products



Summer Fun Gone Wrong

Summer brings sun, fun, but unfortunately, lots of accidents and injuries. Here are some facts to consider to ensure your summer is safe!

- Drowning is the number 2 cause of death for those under the age of 14. Even more people die of boating accidents. Do not drink alcohol while swimming or operating a water vehicle.
- Summer heat can lead to death, especially for the elderly and children. From 1979-99, 8,015 died due to the heat.
- The summer sun is hazardous: It only takes a few serious sunburns to increase your chance of developing skin cancer. More than a million cases of skin cancer are reported a year.

Wellness Tip

Think how much of a difference you could make for the environment if you went green this summer!

- Use recycled products
- Recycle bottles, cans, and paper waste.
- Start a compost pile
- Plant plenty of trees to provide shade
- Do not use Styrofoam

Fireworks Quiz

Take this quiz to see how much you know about firework safety. Answer true or false.

1. Light only one firework at a time and do not relight a dud.
2. Do not light fireworks when in a metal or glass container.
3. You should soak fireworks in water before throwing away.
4. Only legal fireworks should be purchased.
5. Sparklers can reach 1,800° F, so children should be closely monitored and not allowed to play with fireworks.
6. Fireworks can backfire or shoot off in the wrong direction, so keep a good distance from others, houses, flammable substances and brush.
7. When lighting a firework, never hold it in your hand.
8. A bucket of water should be kept close by just in case when lighting fireworks.



Answers: All True

To add your name to our monthly mailing list or other questions or comments please email either Julie at tobiasja@missouri.edu or Alison at amhhvc@mizzou.edu or call 573-884-9441.

www.cdc.gov, www.paxusa.org, www.psychosomaticmedicin.org

* By responding to the Question of the Month you will automatically be added to the monthly mailing list.