



Health & Fitness Weekly Wellness Message

National Immunization Awareness Month is the perfect time to remind you that keeping vaccinated is helpful in preventing serious diseases and illnesses. Health Fitness will be providing vaccinations for students for Spring Travel next year. In preparation for this, we have printed copies of ICAF and NWC students' shot cards. Records were not available for all students so if you receive an email from Don Myers asking about shot records, this means we were not able to "pull" yours from your respective services system.

In honor of National Immunization Awareness Month, Health Fitness will have immunization and vaccination information/resources available. Stop by our table which will be set up outside of Health Fitness on Tuesday, August 30th from 0800-1300. You can stop by and pick up information on vaccination schedules. **For students who will be traveling in the spring, this is an opportunity to get valuable information.** This is also a great opportunity to drop us off a copy of your shot record if needed.

Want to learn a little more about vaccines? Click on the Center for Disease Control and Prevention's Adolescent and Adult Vaccine Quiz at the following link: <http://www2a.cdc.gov/nip/adultImmSched/>

Wish there was a vaccination for high cholesterol? Who doesn't! Did you know that experts recommend you get your cholesterol levels checked every 5 years if you are 20 years or older? Health Fitness will be hosting blood draws on the 22nd – 26th of August. **All of the NDU community is eligible to participate.** You will be required to fast for 12 hours prior to having your blood drawn. If you need to take medications in the morning it is okay as long as you take them with water. Here's the schedule of where you can get your cholesterol and fasting glucose checked:

22-23 August - West Wing of National War College, 0700-0830

24-26 August - ICAF, Eisenhower Hall, Building 59, Room 107, 0700-0830

Come on by so you can “know your numbers”! Our physician, Col Buller, will be providing a results briefing at a later date. Stay tuned for more info on this.....

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