GYT Results

GYT was a huge success! The most students PUSH tested in the past GYT was 120 and they administered over 640 tests this semester! There was such a high turnout that students received rainchecks to come back and be tested for free the following week. After all of the results came in, there were very few positives, but all students have been treated. PSHA is very grateful for the grant that from the Student Organization Grant Allocation Board. There was also a participation competition, and four fraternities and sororities received pizza or burritos for encouraging high participation at GYT. We look forward to continuing the partnership between our office, our PSHA students, and PUSH.

Diet Analysis!

Do your students desire to eat right, but aren’t exactly sure where to start? They can take advantage of the Wellness Office’s free Diet Analysis service before the end of the school year! The Nutrition Graduate Assistant will set up a meeting to discuss diet and provide recommendations on areas to improve daily nutrition. Visit http://www.purdue.edu/recsports/programs/wellnessPrograms/nutritionCounseling/dietAnalysis.php for more information or encourage your students to call 765-496-0120 to sign-up!

PSHA is participating in Spring Fest on Saturday, April 16th from 10 to 4 to share the importance of health to future Boilermakers. They will host Yoga for Kids at 11 am and Zumba for Kids at 1 pm. Additional activities include: Create Your Own Trail Mix, “Spin the Wheel of Health Challenges,” Health Trivia, and selling Brownies with the recipe attached. Stop by their booth at Lyles-Porter Hall.

Our secretary Carmen Williams received the Student Life is You Award (SLISU)! We think Carmen matches the “UNITY” component of this award so well – working so hard to create a collaborative working environment for our students, CoRec and campus partners. Aiden Powell, our colleague in the LBGTQ Center, recently mentioned Carmen in an email to us. “Carmen was so helpful in helping us set up the tabling for today’s event. I can’t tell you how much I appreciate her and your office. You are all wonderful colleagues.” Carmen plays a big role in making good things happen, and we are so proud to have her as part of our team. Congrats Carmen!
Meet Patricia Liu

Patricia Liu is one of our Wellness Assistants. She is from Highlands Ranch, Colorado. Patricia was recently accepted into the Professional Pharmacy program at Purdue! She thinks the best part about Purdue is all of the awesome people she has met through work, classes, and her sorority. When working at the Wellness Office, she likes to learn about different health issues or events on campus (for example GYT). Patricia loves the color pink but doesn't like wearing it!

"Being at Purdue has given me the strength and courage to pursue my passions. My experiences here have allowed me to grow as an individual and I'm excited for another four years of learning and meeting new people!"

— Patricia Liu
Wellness Assistant

PHSA Update

"As the incoming president of PSHA, I look forward to working with the other officers, members, and the Wellness Office to expand PSHA. I hope that when my time as president has come to an end we will have seen quite a bit of growth, and become a truly well-established organization. I am looking forward to opportunities for PSHA to get involved on campus, and improve the education and health of Purdue's students!"

— Elizabeth Dowell
PSHA President

PSHA just elected new officers for 2016-2017:

President: Elizabeth Dowell, a second year professional student in the College of Pharmacy
Administrator: Allison Silvius, a junior majoring in Health Science, Pre-Physical Therapy and minoring in HDFS
Public Relations: Cierra Hughes, a junior majoring in Genetic Biology
Digital/Social Media Director: Katie Carnett, a first year professional student in the College of Pharmacy
Fundraising Director: Savannah Rogers, a sophomore majoring in Nursing