

Wellness InSTALLments

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Upcoming Events

1/10 — Eagle Wellness Fair
11-2pm; Library Lawn

1/15 — Martin Luther King Day (Observed— No Classes)

1/16 — Tips Tuesday:
New Year, New Me!
11-1pm; CC Breezeway

1/23 — Tips Tuesday:
Time Management Techniques
11-1pm; Zone 2

1/16 — Healthy Hump Day:
Eating Well with No Time/Money
12-3pm; Outside P&W



Please see our online calendar for a full, updated schedule

Prescription Predicaments



College can be stressful, and it can be tempting to seek out nontraditional study methods. **Unless** prescription drugs, like Adderall or Ritalin, have been prescribed to you, they should never be the answer to your studying woes. **According to the Substance Abuse and Mental Health Services Administration (SAMHSA), full-time college students are twice as likely to use a stimulant for non-medical reasons. This is most likely linked to the belief that using prescription stimulants may lead to better grades, but this is not true.** There are resources on campus that can help you get your grades. For example, the Center for Academic Achievement (Library West 103) offers free tutoring for students!

Common Medication Mistakes

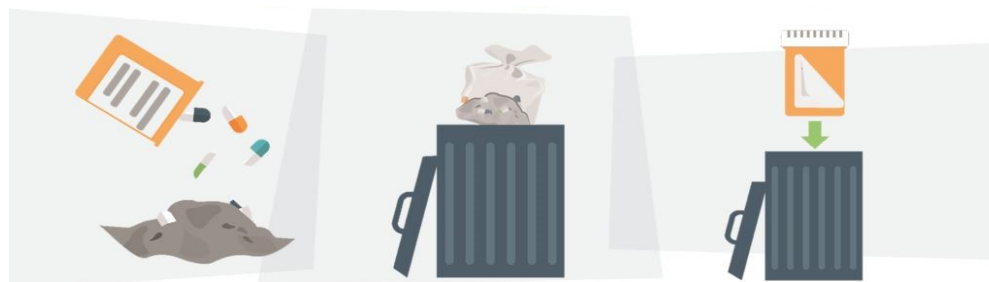
You might be misusing medications and not even realize it! There are three common mistakes people make when it comes to their prescriptions:

- 1 Taking medications for a reason different than prescribed.
- 2 Taking more medication than is actually prescribed.
- 3 Sharing or taking someone else's medication.



How Can I Dispose of Old Medications?

The **best** option for safe disposal is to place your old medications in a drug drop box, or take advantage of a drug take-back event. If these opportunities do not present themselves, there is also a safe way to dispose of your medications at home.



Step 1: Mix any unused medication into an undesirable substance, like coffee grounds or kitty litter.

Step 2: Throw the mixture of undesirable substance and old medications away in a trash can.

Step 3: Remove label from the empty medication bottle and throw away *separately* from the medication mixture.

WELLNESS TIP

Want to dispose of your old medications? There will be a prescription drug take-back table at the Eagle Wellness Fair on January 10th! Visit us on the Library Lawn from 11am to 2pm.

Question of the Month

What is the best way to dispose of old prescription medications?

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for 10 Eagle Dollars!



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