St. Patrick’s Day is just around the corner. If you are going to imbibe alcoholic beverages, here are some helpful tips:

- Know and set your limit
- Eat before you drink
- Space out drinks over time
- Pay attention to serving sizes
- Always have a designated sober driver
- Do not leave your drink unattended
- Alternate alcoholic and non-alcoholic drinks
- Do not mix alcohol with medications
- Alcohol poisoning signs include:
  - Confusion
  - Vomiting
  - Seizures
  - Slow or irregular breathing
  - Blue-tinged skin or pale skin
  - Low body temperature
  - Passing out (unconsciousness) and can’t be awakened

Source: Center for Addiction and Mental Health

Interested in a career in the healthcare industry? Want to learn the skills to become a peer educator? Look no further, here is the opportunity!

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**Qualifications:**
- Good academic (min. GPA 2.75 ) and disciplinary standing
- Will have at least 2 semesters left before graduation
- Understand and believe in the mission of WellCAT Ambassadors
- Commit to class time, bi-weekly meetings and WellCAT Ambassadors sponsored events

Accepting applications beginning March 23. See website for more information. [www.k-state.edu/lafene/wellcat_ambassadors](http://www.k-state.edu/lafene/wellcat_ambassadors)

**MARCH National Nutrition Month**
**Fuel Up For Spring Break Fitness**

Want to get the most out of your exercise? Give your body the fuel it needs, by eating right. A few hours before you work out, have some peanut butter and honey on whole-grain toast, or a turkey and Swiss cheese sandwich with fruit, or try a bowl of oatmeal with banana, almonds, and skim milk. Then a half hour before you exercise, eat some fruit and drink a bottle of water. You’ll train longer, work out harder, and delay fatigue. Eating right helps!

Develop a nutrition plan custom fit for you by calling Lafene’s registered dietitian at (785) 532-6544. Schedule your free appointment today and ’Bite Into a Healthy Lifestyle’ to celebrate March, National Nutrition Month!

Check out EDCEP 103: Healthful & Safe College Life
3 hr. credit course for UGE
100% online

This course addresses pertinent health topics that impact college students and explores the effects of lifestyle choices on academic achievement.
- 100% online - requires Internet access
- No textbook required
- Session starts on March 23–8 weeks
- 3 hours K-State 8 or UGE credit

More info at: [www.dce.ksu.edu/courses/collegelife](http://www.dce.ksu.edu/courses/collegelife) Enroll: Search iSIS
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