

“Upcoming Events”

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National Collegiate Alcohol Awareness Week

~ October 2-9, 2009

ADAI EXPRESS

For More Information: (936)294-1171 www.shsu.edu/adai



Save a Life Tour

~ October 13, 2009

no.203.078

SIX WEEKS OF ALCOHOL AWARENESS TRAINING - Since 2004

EXTRA EXTRA READ ALL ABOUT IT!!!

“Find the FACTS about the Alcohol and Drug Abuse Initiative”

August 26th and 27th- LSC Mall Area
(10:00 am - 2:00 pm)

Want to get involved in an organization, become a peer educator, or help save a life? Participate in ADAI activities and learn about binge drinking, drink driving, substance use and abuse, laws and litigation, SHSU drug policies, iDrive, campus and community resources, and being a designated driver? Find out the facts about our services through programs offered throughout the year!

Facilitators: ADAI members

“Walk Safely, Walk Smart”

September 1st - LSC Mall Area (10:00 am - 2:00 pm)

SHSU is a safe campus, but a good Bearkat is always prepared for an unexpected event! Learn how to protect yourself from eminent attacks through this interactive demonstration of personal protective practices developed by the William and Mary University Police Department. Sensible strategies, prevention tips, campus resources, and defense tactics will be displayed through a trained instructor for the program.

Facilitator: Franklin Harrison

“Alcohol and Drug Summit”

September 11th - LSC 3rd floor and Theater (9:00 am - 5:00 pm)

The 4th annual Summit will feature Rick Barnes, NCAA sanctioned

speaker, who will address personal responsibility for and safe decisions regarding substance use. Workshops focusing on the aspects of drug use and abuse, laws and enforcement issues, campus policies, personal safety, relationship issues, and social and sexual ramifications of substance use will be addressed. Lunch and door prizes will be provided.

Refer to the ADAI website www.shsu.edu/adai for registration forms and Summit schedule of events!



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“Those Against Drunk Driving”

September 16th - LSC Mall Area (9:00 am - 2:00 pm)

T.A.D.D. is an international organization whose mission is to educate individuals about the dangers of drink driving. T.A.D.D. promotes the concept of “the only safe driver is a 100% sober driver.” Through their educational and outreach programs, individuals can make behavioral changes, plans, and commitments to promote safe driving. The ADAI welcomes T.A.D.D. as a partner in educational efforts on campus and in the community!

Facilitator: Judith Tomlinson-International Director-T.A.D.D.

“The DOPE on DOPING”

September 21st - LSC Mall Area (10:00 am - 2:00 pm)

Random drug testing is now the “norm” in collegiate and high school athletics, professional sports, and now in the workplace! Steroids, supplements, vitamins, minerals, prescription and over-the-counter drugs can be combined in a manner that creates a red flag in our bodies and in a drug test! Learn what the U.S. Anti-Doping Agency regards as illegal, harmful, and fatal in this interactive session.

Facilitators: Judy Sandlin –Texas A & M University and Rosanne Keathley-SHSU ADAI

“Your Body, Your Health—Looks can be Deceiving ”

October 2nd – LSC 304 (9:00 am - 10:00 am)

Frozens, drafts, lights, coolers, and on-the rocks what are the hidden calories, nutrients, and fat grams in popular drinks? Join SHSU registered dieticians as they guide you through a nutrient knowledge assessment of alcoholic beverages, U.S. serving sizes, and the metabolic process that alcohol has on your gut, chin, and overall physique!

Facilitators: Claudia Sealy-Potts and Dietetic Graduate Interns