

# Health & Wellness Resource Center (HWRC) (AC 1051A – inside the College Center AC 1051)

## Scavenger Hunt

The HWRC is designed to assist the adult learner to locate resources related to health in a self-directed manner. Find the following items in the Health & Wellness Resource Center and write down its location. This will help to familiarize you with finding resources in the HWRC.

Location to leave messages if no one is in the office \_\_\_\_\_

Location of evaluation forms (for the Center) \_\_\_\_\_

Health insurance brochures \_\_\_\_\_

Pamphlet: "How to Help a Friend with a Drinking Problem" \_\_\_\_\_  
\_\_\_\_\_

Harvard Men's & Women's Health Letter \_\_\_\_\_

Nutrition Action Health Letter \_\_\_\_\_

Bulletin board (flyers and resources for current events) \_\_\_\_\_  
\_\_\_\_\_

Scale \_\_\_\_\_

Blood Pressure cuff (for self-checking BP) \_\_\_\_\_

Resource info sheets

Dental Care \_\_\_\_\_

Medical Care \_\_\_\_\_

Smoking Cessation \_\_\_\_\_

Frequently Asked Questions info sheet \_\_\_\_\_

First Aid supplies \_\_\_\_\_

List 2 health-related ailments on the software "Student Self-Care Guide," which is on the computers at the Computer Resource Station (see the desktop and click on the correct icon).

1) \_\_\_\_\_

2) \_\_\_\_\_