



PORT  
FOLIO

Explore your wellness.

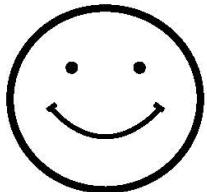
## SAVE THE DATE

START HERE



10.17.18  
10 AM - 2 PM  
PACIFIC BALLROOM

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#STIGMAFIGHTERS  
#BHFUCI

Are you interested in scheduling an interactive mental health education workshop for a group of 12 or more? **Behind Happy Faces** is a mental health awareness curriculum especially designed to equip college students with the tools to help them navigate the mental health continuum to support academic success and promote life skills.

Email Jasmine A. Blackburn at [jablackb@uci.edu](mailto:jablackb@uci.edu) for more information.

**UCI** Student Wellness & Health Promotion



@ucistudentwellness  
[studentwellness.uci.edu](http://studentwellness.uci.edu)



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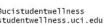


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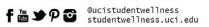


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## VISION

To be a leader in collegiate health promotion by focusing on the unique and relevant health needs and concerns of UCI students in support of their academic success

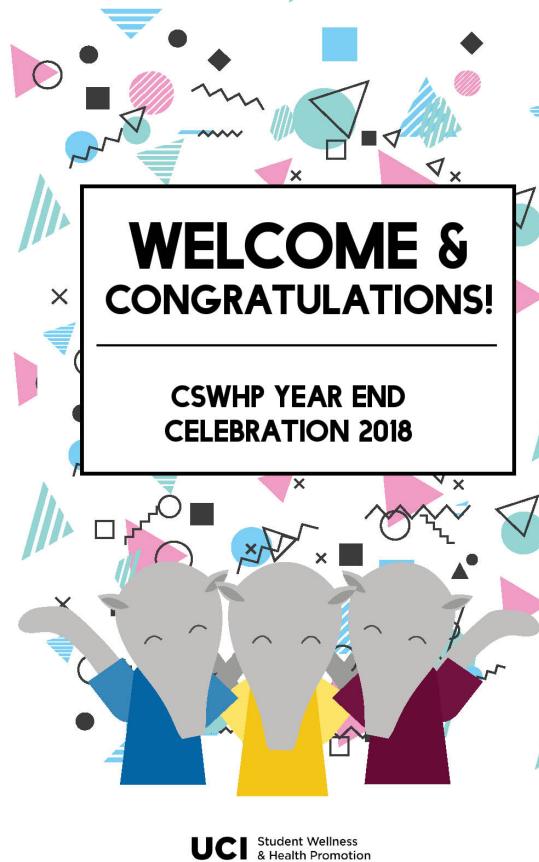
## MISSION

We empower students to make informed decisions that support individual health and a healthy campus environment by providing comprehensive programs and coordinated services to:

- Build **awareness** through assessment and goal setting
- Create **balance** by taking a wellness based approach to health
- Develop healthy and sustainable **habits**
- Take **pride** in achieving your personal best
- Inspire **community** by leading fellow Anteaters to be healthy

## VALUES

Advocacy  
Awareness  
Empowerment



**UCI** Student Wellness & Health Promotion



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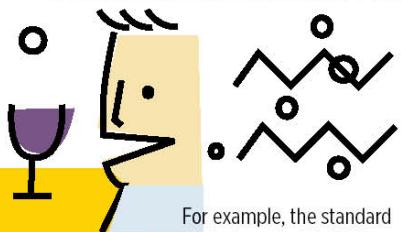
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# DO YOU KNOW HOW MUCH YOU'RE DRINKING?

## THE STANDARD DRINK FORMULA

$$\frac{60\%}{\% \text{ABV}} = \text{Standard Drink Size in Ounces}$$

\*percent alcohol by volume.  
Alcohol content varies by drink.



For example, the standard drink size of a 5% ABV beer and a 12% ABV wine



B E E R	%ABV	Standard Drink Size	# of Standard Drinks per Serving Size	
			10 oz	16 oz
4	15 oz	0.66	1.06	
5	12 oz	0.83	1.30	
6	10 oz	1.00	1.60	
8	7.5 oz	1.33	2.13	

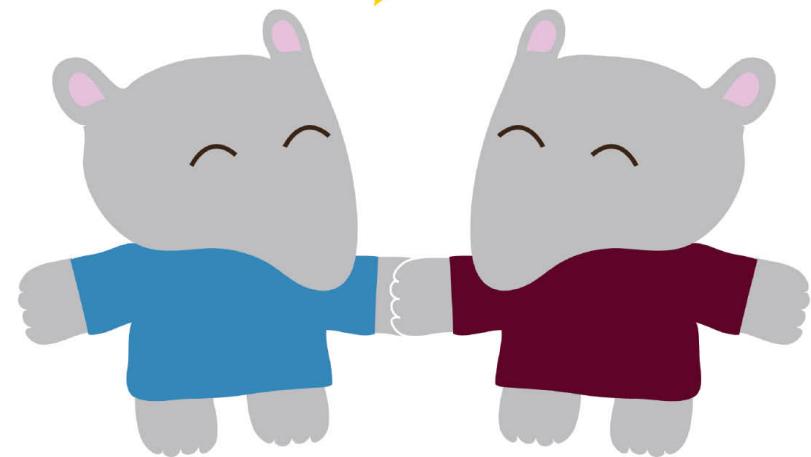
W I N E	%ABV	SDS	5 oz	
10	6 oz	0.83		
12	5 oz	1.00		
15	4 oz	1.25		



A Standard Drink is...  
One standard drink is defined as **6/10 (60%)** of an ounce of pure alcohol.  
**Remember the Magic # 60!**

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## ANTEATERS IN RECOVERY



UCI's first student-led recovery and support group. Let's start the conversation about prevention, treatment & recovery.

Scan to Join!



CONTACT US  
949.824.9355 studentwellness@uci.edu



# JOIN & GET EXPERIENCE IN

Recruitment  
Workshops  
Leadership  
Networking  
Mentoring  
Event Planning  
Leading Tours  
and much more!

**Antoinette Chavez**  
Ambassador Coordinator  
650.949.7813  
[ChavezAntoinette@fhda.edu](mailto:ChavezAntoinette@fhda.edu)

**Community Ambassador Program**  
650.949.7807  
650.949.7653  
[ambassador@fhda.edu](mailto:ambassador@fhda.edu)

Visit us at  
Student Success Center  
in Room 2149!

**Follow us**  
 FoothillAmbassador



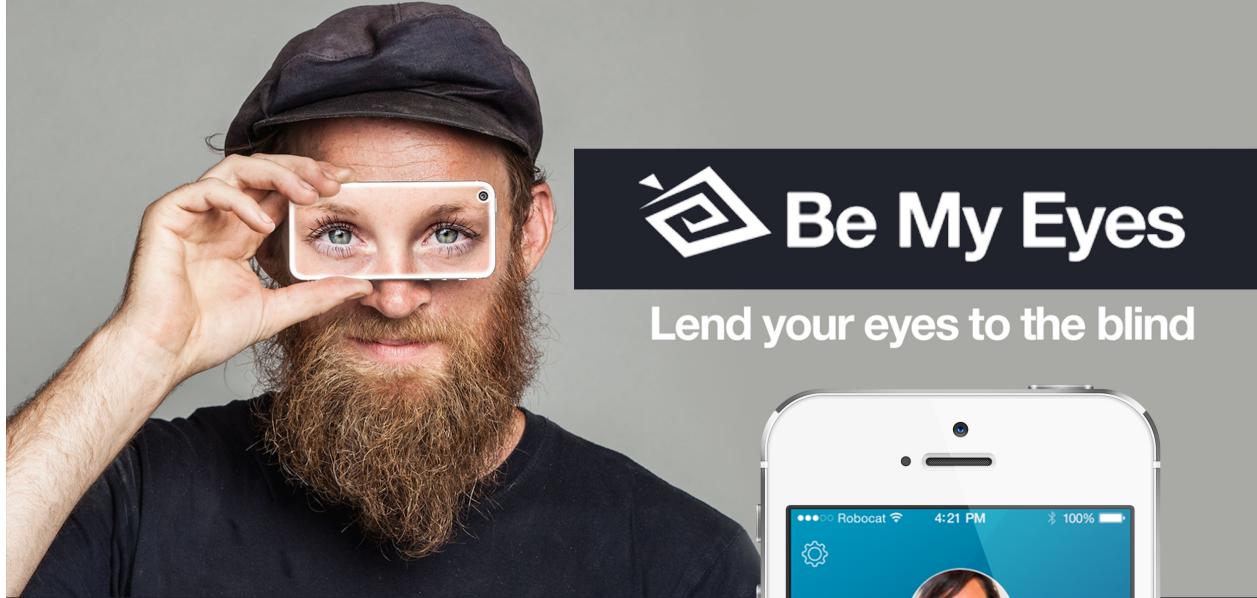
## NEW STUDENT OPEN HOUSE MEET & GREET

**Let us support you in making your college plans for Fall 2016!**

- Learn about EOPS eligibility
- Meet EOPS counselors & staff
- Join us for last minute questions

*Light refreshments will be served. Parents, Friends, and Guardians are welcome!*

**When** September 21, 1:30 - 4:00 PM  
**Where** Foothill College, Student Services Building, 8202  
**Parking** Parking Lots 1, 7 & 8 (\$3 parking permit)

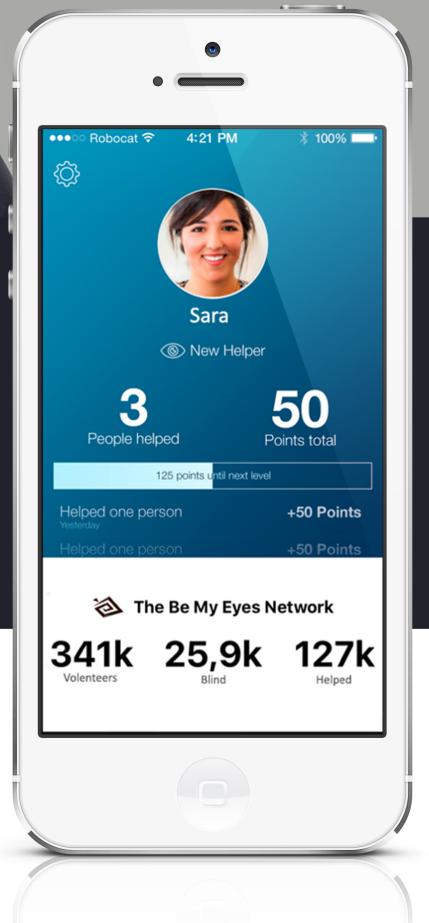


# Be My Eyes

Lend your eyes to the blind

## A Network of Eyes

Be My Eyes is an app that connects blind people with volunteer helpers from around the world via live video chat. Download now and start helping blind people see.



## How It Works

### Blind Requests Assistance

A blind person requests assistance in the Be My Eyes app. The challenge that he/she needs help with can be anything from knowing the expiry date on the milk to navigating new surroundings.

### Volunteer Receives Video And Describes

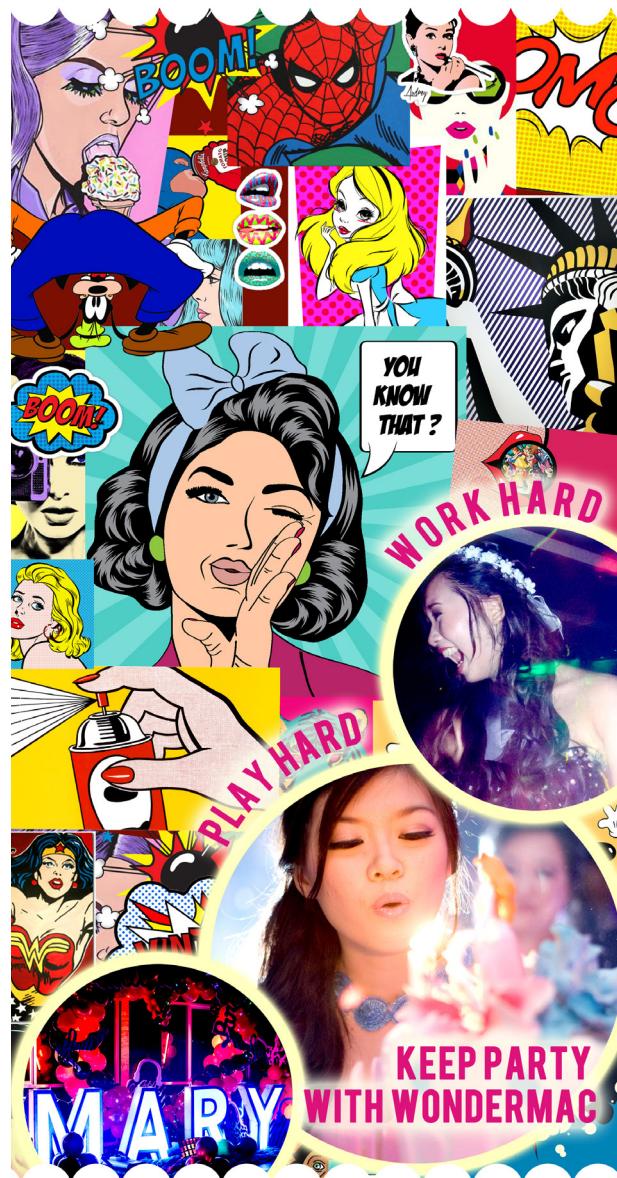
The volunteer helper receives a notification for help and a live video connection is established. From the live video the volunteer can help the blind person by answering the question they need answered.



available soon on android devices



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#### CONTACT US

- 288e0f2f
- angelaevelina//marylaurentias
- 0896-6698-2308/0878-7550-2702

Find Us On:

- wondermac\_eo
- wondermac\_eo

MAKE YOUR DREAM PARTY COME TRUE WITH US!

BEST MCs      FAMOUS DJs      FANTASTIC CAKES      PHOTOBOTH & DOCUMENTATION      MUSIC & LIGHTING

THEMATIC DECORATION      GOOD VIBES      OUT OF THE BOX PARTY IDEAS      AMUSING ENTERTAINMENT

FOR FURTHER INFO, CONTACT US:  
[www.wondermaceo.com](http://www.wondermaceo.com)

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angelaevelina//marylaurentias  
0896-6698-2308/0878-7550-2702  
wondermac\_eo

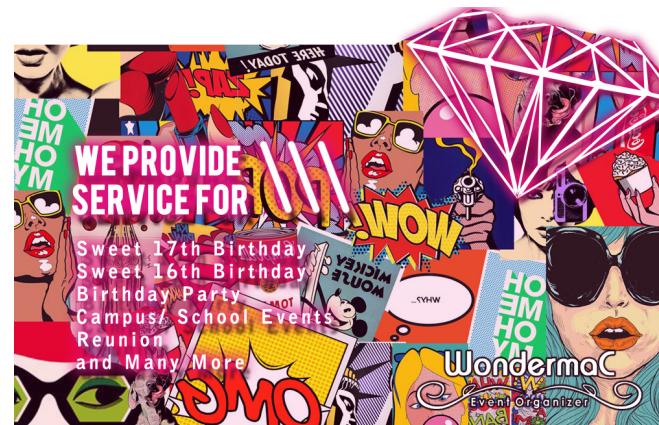
Wondermac is turning 1!

Anniversary Special Promo

PACKAGES START FROM IDR 2,999,000\*

BOOK NOW!!

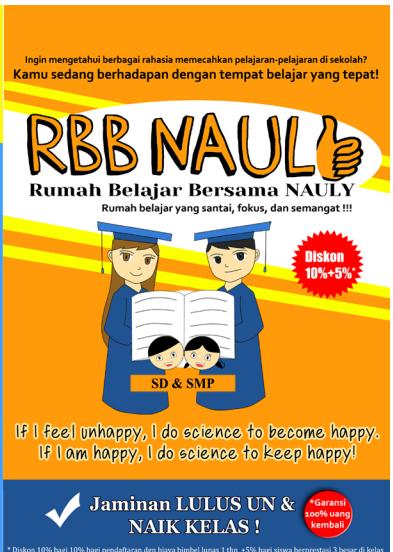
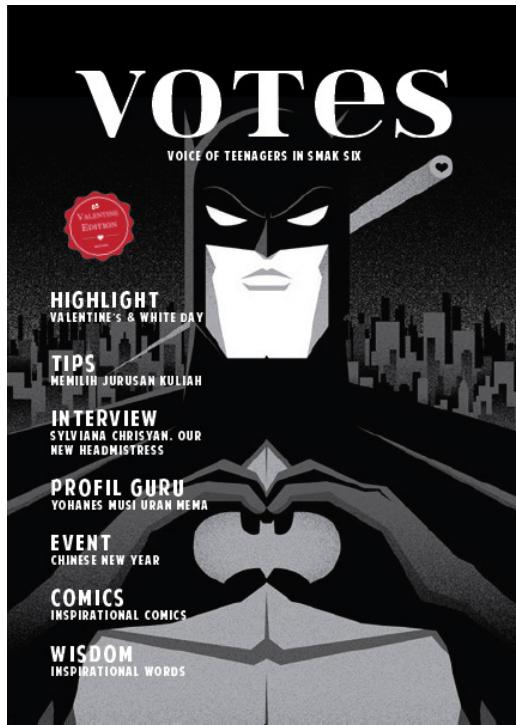
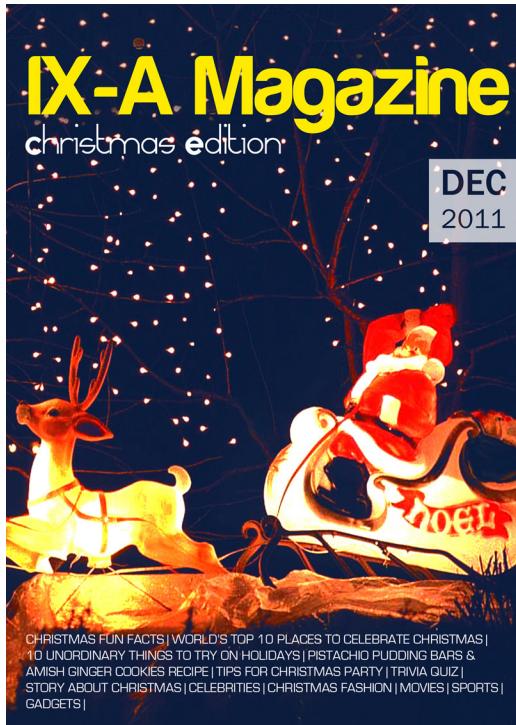
\*For Limited time Only  
\*Only Valid For those who deal Till 18 June 2015  
\*Event date is optional till June 2016



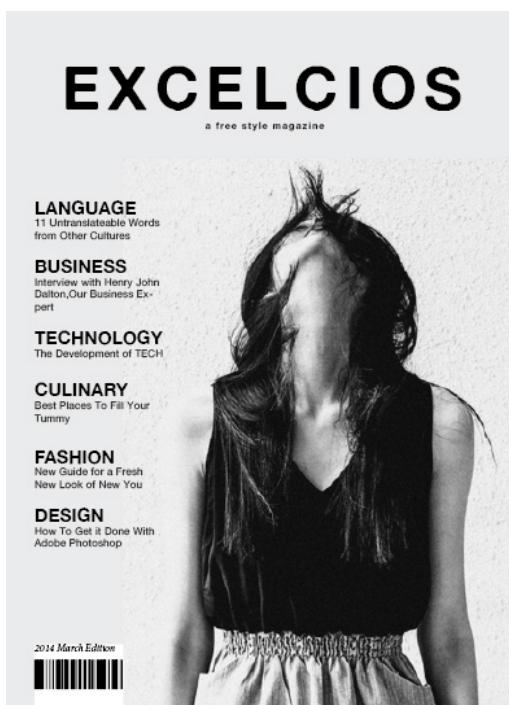
// BRANDING







//MAGAZINE COVERS+BROCHURE



**PROGRAM BELAJAR**

**Rumah Belajar Reguler**

Program Kelas	1 Tahun	Lama Belajar
4 & 5 SD	Rp 4.600.000,-	Semester I & II TA 2013/2014
6 SD	Rp 4.000.000,-	Semester I & II TA 2013/2014 (s/d UN SD 2014)
7 & 8 SMP	Rp 3.600.000,-	Semester I & II TA 2013/2014
9 SMP	Rp 4.200.000,-	Semester I & II TA 2013/2014 (s/d UN SMP 2014)

**Rumah Belajar Khusus**

Program Kelas	1 Tahun	Lama Belajar
4 & 5 SD	Rp 4.600.000,-	Semester I & II TA 2013/2014
6 SD	Rp 5.000.000,-	Semester I & II TA 2013/2014 (s/d UN SD 2014)
7 & 8 SMP	Rp 4.600.000,-	Semester I & II TA 2013/2014
9 SMP	Rp 5.200.000,-	Semester I & II TA 2013/2014 (s/d UN SMP 2014)

**Rumah Belajar Individu**

Program Kelas	1 Tahun	Lama Belajar
4 & 5 SD	Rp 4.300.000,-	Semester I & II TA 2013/2014
6 SD	Rp 4.700.000,-	Semester I & II TA 2013/2014 (s/d UN SD 2014)
7 & 8 SMP	Rp 4.300.000,-	Semester I & II TA 2013/2014
9 SMP	Rp 4.900.000,-	Semester I & II TA 2013/2014 (s/d UN SMP 2014)

**Mata Pelajaran :**

- Matematika
- PKN
- IPA
- Bahasa Indonesia
- IPS
- Bahasa Inggris

**Diskon 10%+5%**

**Syarat Pendaftaran**

- ✓ Mengisi formulir pendaftaran (membutuhkan foto 2x3 sebarluas 2 lembar)
- ✓ Biaya pendaftaran Rp 100.000,- (mendapat modul belajar)

**FASILITAS KAMI**

- FULL AC
- Staff Pengajar Terbaik
- Sistem Wali Kelas
- Pengajar Standby
- Sarana Belajar Kondusif
- Tempat Strategis

**AYO DAFTARKAN DIRIMU SEGERA!**

**Start Belajar**

Gelombang I : 22 Juli 2013  
Gelombang II : 29 Juli 2013  
Gelombang III : 5 Agustus 2013

**Frekuensi Belajar \***

- ✓ Senin-Rabu
- ✓ Selasa-Kamis
- ✓ Selasa-Kamis-Sabtu
- ✓ Jumat-Sabtu

\* Disediakan dengan tingkat program yang dibuka  
\* Diskon 10% bagi 10% bagi pendaftaran dengan biaya bimbel lulus 1 thn +5% bagi siswa berprestasi 3 besar di kelas

\* Disesuaikan dengan jumlah siswa/ruangan

*Claudia  
Mastan*