

ripe. juicy. fresh. firm. creamy. fleshy.
fuzzy. smooth. mmmmmm....

eat your fruit.



EAT WELL. BE WELL.

WELL-WOMAN HEALTH PROMOTION

for mind, body, and spirit

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staff

Karen Winkler, Ph.D., M.S., R.N.
Director

Jessica Cannon, B.A.
Health Educator

staff office hours

Monday - Friday 1-4pm

peer educator drop-in hours

Sunday, Tuesday
Wednesday, Thursday
7-9pm

OUR THEMES

self-care ▪ communication ▪ body image ▪ sexual health ▪ stress-management ▪ mindfulness ▪ healthful eating ▪ sexuality ▪ relationships ▪ identity ▪ community

OUR WORK

peer education ▪ GYN education sessions ▪ workshops ▪ Q & As ▪ drop-in hours ▪ movie nights ▪ wellness “tune-ups” ▪ healthful goal-setting & behavior change ▪ outreach ▪ community education ▪ health advocacy

OUR RESOURCES

books ▪ magazines ▪ journals ▪ DVDs ▪ CDs ▪ pamphlets ▪ “how-to” guides ▪ cookbooks ▪ massage chairs ▪ meditation & relaxation tools ▪ games ▪ toys ▪ arts & crafts ▪ condoms & lube ▪ free wellness supplies ▪ websites & links ▪ tea & conversation ▪ a restful space