



# HEALTH & WELLNESS



This library features courses that take a holistic approach to wellness and overcoming common obstacles to healthy living.

<b>HW01</b>	Alcohol Awareness*	Alcohol is used in many different circumstances in our culture. When used in moderation, alcohol can be beneficial. However, overuse can become abuse. In this course, we will explain both the short and long-term effects alcohol has on your body. Also, we'll discuss the signs and symptoms of intoxication and alcohol abuse in both yourself and others. Lastly, we'll look at ways to make wise choices about alcohol consumption, including how to cope with dependence.
<b>HW02</b>	Diet and Exercise	A sedentary lifestyle and poor nutrition can lead to a higher risk of disease and other health issues. This course explains the risks of a sedentary lifestyle and outlines the benefits of healthy eating and regular exercise.
<b>HW03</b>	Stress	Stress is recognized as a normal part of life, but when it becomes excessive, debilitating, or overwhelming, it needs to be managed and controlled. This course defines stress, explains where it can originate, identifies different types and effects of negative stress, and offers strategies to effectively manage and cope.
<b>HW04</b>	Tobacco and Smoking	Tobacco use can lead to many health issues and is the single most preventable cause of death in the U.S. In this course, we will describe the health effects of both smoking and smokeless tobacco. We will also discuss the benefits of quitting smoking, as well as tips and resources for smoking cessation.