Alvernia Parents and Supporters -

Congratulations on your student’s enrollment at Alvernia! We’re looking forward to seeing your student on campus in the new school year.

All new students are requested to read the Back to School issue of Student Health 101, the Alvernia online health and wellness magazine.

Here are the links to access Student Health 101, for you and your student:
http://readsh101.com/go2alvernia.html

Please be sure to remind your student to read Student Health 101 using the link above.

Inside, you and your student find articles to help your student adjust to life in college, including:
- The roommate survival guide
- Get a life…outside the classroom
- Think you know what professors really expect?
- Five rules for healthy eating
- Find the workout that’s right for you
- Making money last in college
- And more…

Each month, your student will receive a new Student Health 101 issue with important content that will help your student succeed at Alvernia. You’re also invited to Student Health 101, or the accompanying supporters-only Parent Perspective – online at http://readsh101.com/go2alvernia.html

To make sure you’ll receive the Parent Perspective each month, along with Student Health 101, please register your email address online at http://studenthealth101.com/parent.html

Thanks for taking the time to read Student Health 101!

Thanks for your time,

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