ROSEN COLLEGE CLINIC
Healthful Matters

Nurse Practitioner Sandy
Dietitian Meredith
Medical Assistant Candie
Nurse Deanna

In Meredith's Kitchen...

CONFETTI RICE

Ingredients:
1 tsp. Mrs. Dash Garlic & Herb Seasoning Blend
2 tsp. olive oil
½ cup basmati rice
8 oz. can of garbanzo beans, drained
½ red bell pepper, chopped
1 cup baby spinach leaves

Heat oil over medium heat. Stir in seasoning. Add rice and stir for one minute to coat and lightly toast. Add one cup of boiling water and stir. Bring to boil and then cover. Lower heat to simmer for 10 min. Stir in beans, pepper, and spinach. Continue cooking for three minutes or until rice is tender.

STD BASICS EVERYONE SHOULD KNOW:

☞ A person can have an STD without knowing it—not all STD have symptoms

☞ Some STD symptoms may include
  • Sores, bumps, warts, or blisters on mouth, anus, or genitals
  • Pain or burning when urinating
  • An unusual discharge or smell from the genitals
  • Pelvic pain when having sex

☞ STDs are transmitted through vaginal, anal, or oral intercourse with an infected partner

☞ HIV and hepatitis can also be passed by sharing needles for drugs, steroids, vitamins, hormones, insulin, tattoos, or body piercing

☞ The only way to know if you have an STD is by getting tested
  • Check with the Rosen College clinic for testing options

FREE PUBLIX HEALTHY EATING TOURS

Learn how to eat healthy on a college budget. Join Dietitian Meredith at Publix across from the campus for a guided tour on what to buy. Look for Meredith who will be wearing a red jacket.

Tour Dates:
August 31	**September 28**
October 19	**November 16**

All tours are from 3:30 p.m. to 4:15 p.m.

Rosen Medical Center (Off Campus)

7656 International Dr.
Orlando, FL 32819
Office: 407-996-4554

Rosen College Clinic (On Campus)

NEW NUMBER
407-996-4560
Monday–Friday
10:00 a.m.–2:00 p.m.

BUILDING 905, ROOM 112
9907 UNIVERSAL BLVD.
ORLANDO, FL 32819

FREE Counseling and Psychological Services (CAPS)

MAIN CAMPUS
407-823-2811

ROSEN CAMPUS
407-903-8054

24-HOUR NURSE LINE
855-245-8395

UCF SEXUAL ASSAULT HOTLINE VICTIM SERVICES
407-740-6069

VICTIM ADVOCATES
407-823-6069	**407-823-6332**
407-823-6333	**407-823-5555**