

# SUBSTANCE ABUSE AWARENESS WEEK

November 12 - November 18, 2011

## 20th Annual 4th Year 5K Run/Walk

**Saturday, Nov. 12, 8:00 am, Nameless Field**

For more information on registration:

<http://www.virginia.edu/studenthealth/peer/5k.html>

*Proceeds benefit the Leslie Baltz Foundation for Art History or Studio Art scholarships.*

*Sponsored by Student Health's Peer Health Educators.*



80% of fourth-years DO NOT attempt the 4th year 5th.

**“I’ll Remember the Game.”**

The first 500 fourth-year students who pledge not to attempt the 4th year 5th will receive a free shirt and stadium cup. Pledge forms will be available at all events and presentations, and at the Gordie Center (170 Rugby Road, Lower Level of Madison House) 11/14-11/18 between 9am-5pm.

## Fourth-Year Dunkin’ Donuts Breakfast

**Monday, Nov. 14, 8:30am-11:15 am, Pavilion V**

Free donuts, OJ & coffee while they last! Fourth-years who pledge not to attempt the 4th year 5th will receive a free shirt and a stadium cup (while supplies last). *Sponsored by ADAPT, the Student Athlete Mentors (SAM), and the 2012 Trustees.*

*Funded by the Parents Committee and SAM.*

## Susan Grossman Memorial Speaker

**Erica Upshaw:**

**“Keep Friendship Alive”**

**Wednesday, Nov. 16, 7:30 pm, Maury 209**

**FOA opportunity**

Erica’s multi-media presentation takes an honest look at the party culture in which some students engage. Joey Upshaw, Erica’s older brother, died at his fraternity during a night of heavy drinking mixed with drugs while his friends debated about what to do. Erica offers practical skills to care for the people who are important to you and her story will inspire you to take action and intervene in dangerous situations.

*Sponsored by the Women’s Center, the Office of the Dean of Students, the Department of Athletics, ADAPT, and the Department of Student Health’s Gordie Center for Substance Abuse Prevention.*



## Hoos in Recovery Panel Discussion

**Thursday, Nov. 17, 7:30 pm, Clark 107**

**FOA Opportunity**

Several members of Hoos In Recovery (a group of U.Va. students, alumni, faculty and staff in recovery from alcohol or drug addiction) will talk about their experiences, including being in recovery at U.Va. Q&A to follow. *Sponsored by Hoos in Recovery and ADAPT.*

