

# Health Promotion Information for WU Graduate and Professional Students

*Compiled by Health Promotion Services Staff (2010-2011)*

## Health care

### Habif Health and Wellness Center, Nathan Dardick House

#### Student Health Services ([shs.wustl.edu](http://shs.wustl.edu))

*Please note: All WU students should seek treatment at SHS first. Any condition requiring specialized medical services will be referred to an appropriate community specialist. The WU Student Health Insurance Plan requires a referral any time care is not provided at SHS.*

- **Medical Services** (<http://shs.wustl.edu/medicalServices/index.htm>): The Medical service provides care for the evaluation and treatment of illness and injury, as well as preventative health care and health education. Specialized services include men's and women's health, nutrition, physical therapy, and travel medicine.
- **Mental Health Services** (<http://shs.wustl.edu/mentalHealth/index.htm>): Our staff members work with students to resolve personal and interpersonal difficulties, many of which can affect their academic experience. These include conflicts with or worry about friends or family, concerns about eating or drinking patterns, and feelings of anxiety and depression. Services include individual, group, and couples counseling, crisis counseling, and referrals.
- **Health Promotion Services** (<http://shs.wustl.edu/healthPromotion/index.htm>): Our staff members provide free information, resources, and programs on issues of interest to WU students, such as alcohol and other drugs, weight and body image, sexual health, sleep, and stress.

#### Sexual Violence

- Visit <http://sexualviolence.wustl.edu> for information on sexual violence and resources for survivors and friends.

#### Student Health Insurance Plan:

- Visit <http://shs.wustl.edu/insurance.htm> for information on your Medical Plan.

#### Emergency Care <http://shs.wustl.edu/medicalServices/emerg.htm>:

- **Life Threatening Situation:** When there is a serious, life-threatening situation, you should activate the emergency support team and the ambulance services right away. If the situation emerges on campus, dial 5-5555 from a campus phone, dial 935-5555 from a mobile phone, or use emergency blue light. If the situation emerges off-campus, dial 911
- **Urgent Situation:** Both Medical Services and Mental Health Services are available to help in urgent situations seven days a week, 24 hours a day. When Student Health Services is closed, call 935-6666 and select option # 1. A nurse will assist you by phone to direct you to care.

Hospitals near campus include Barnes-Jewish on Kingshighway and St. Mary's on Clayton Road.

#### Local pharmacies

- **JENNIFER'S PHARMACY**  
30 N. Central  
862-7400
- **K-MART**  
6700 Manchester (east of  
McCausland/Skinker)  
645-5902

- **SCHNUCKS**  
6600 Clayton Rd,  
644-0510  
  
6920 Olive Blvd,  
726-2373  
  
8867 Ladue,  
725-7574
- **TARGET**  
25 Brentwood Promenade Ct. (Brentwood  
Blvd. and 40)  
918-9500
- **WALMART**  
1900 Maplewood Commons Drive  
781-2165
- **WILLIAMS PHARMACY**  
7010 Pershing, University City  
727-4854
- **WALGREENS**  
www.walgreens.com  
6733 Clayton Rd., Clayton  
721-2033 - 24 hrs  
  
2310 McCausland (at Manchester)  
647-7810  
  
2401 S. Brentwood  
963-1818 - 24 hrs  
  
4218 Lindell (east of Boyle)  
371-4232 - 24 hrs  
  
7501 Olive Blvd  
725-6133

#### Peer Counseling

- **Sexual Assault and Rape Anonymous Helpline (SARAH)**  
935-8080  
<http://sugroups.wustl.edu/~sarah/>  
SARAH is a student-run, anonymous, and confidential helpline available 24/7 to offer counseling, resources, and referrals on rape, sexual assault, abuse, and relationships.

#### Disability Resources

**Disability Resources (DR) at Cornerstone** (<http://disability.wustl.edu/disabilityResources/index.htm>): The Assistant Director for Disability Resources and the student with a disability will work together to identify appropriate accommodations based upon the student's documentation and previous experiences.

#### Reproductive health

- **Planned Parenthood of the St. Louis Region** ([www.ppslr.org](http://www.ppslr.org))  
  
Central West End clinic  
4251 Forest Park Avenue (near WU Med School)  
**531-7526**  
South Grand clinic  
3401 South Grand  
**865-1850**

## Food/Nutrition

**Dining and Nutrition On Campus** (<http://diningservices.wustl.edu>)

**Appointments with the SHS Dietitian:** For individual help with your eating plan, make an appointment to see the Registered Dietitian at Student Health Services. To schedule an appointment, visit [shs.wustl.edu](http://shs.wustl.edu).

### Farmer's Markets

- **Market in the Loop** ([www.creativeon-line.com/marketintheloop.html](http://www.creativeon-line.com/marketintheloop.html)): 6655 Delmar, Thursday, Friday and Saturday, 7:00 a.m. - 6:00 p.m. year-round
- **Clayton Farmers' Market** ([www.saucemagazine.com/claytonfarmersmkt](http://www.saucemagazine.com/claytonfarmersmkt)): Corner of Maryland and North Central Avenue, Saturday, 8:00 a.m. - Noon June 1 - October 26
- **Green Market, Central West End** ([www.GreenMarketStl.com](http://www.GreenMarketStl.com)): Maryland Plaza just west of Euclid, Saturdays 10:00 a.m. to 1:00 p.m., June through October
- **Maplewood Farmers' Market:** 7260 Southwest Boulevard, Schlafly Bottleworks parking lot, Wednesday, 4:00 - 7:00 p.m., May – October
- **Tower Grove Farmers' Market:** center of Tower Grove Park, just west of the Pool Pavilion, Saturdays 8:30 a.m. to 12:30 p.m., May through October
- **Soulard Farmers' Market** ([www.stlouis.missouri.org/citygov/soulardmarket](http://www.stlouis.missouri.org/citygov/soulardmarket)): 730 Carrol, Wednesday - Friday, 8:00 a.m. - 5:30 p.m.; Saturday, 6:00 a.m. - 5:30 p.m. year-round
- **Kirkwood Farmers' Market** ([www.kirkwoodjunction.com](http://www.kirkwoodjunction.com)): The market is to the east of Kirkwood Junction train station, Thursday and Friday, 8:00 a.m. - 6:00 p.m.; Saturday, 8:00 a.m. - 5:00 p.m. April 11 - September 28
- **St. Louis Community Farmer's Market:** 3664 Arsenal, near St. John's Episcopal Church. 9:00 a.m. – 1:00 p.m., 2<sup>nd</sup> Saturday of the month from November through April
- **South Hampton Farmers' Market:** 7526 Big Bend Blvd, Saturdays 8:00 a.m. – 1:00 p.m., May through October
- **North City Farmers' Market:** 14<sup>th</sup> St. Mall, Saturdays from 9:00 a.m. – 12:00 p.m. from June through October

### Health-Focused Grocery Stores

- **Trader Joe's**  
48 Brentwood Promenade Court  
Brentwood, MO  
314-963-0253
- **Whole Foods**  
1601 S. Brentwood Blvd  
Brentwood, MO  
[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)  
968-7744

## Fitness

### Athletics at WU (<http://bearsports.wustl.edu/index.htm>)

- **Athletic Complex** (<http://bearsports.wustl.edu/facilities/facilities.html>) The Athletic Complex houses a swimming pool, recreational gyms, saunas, a weight room, locker rooms, and courts for racquetball, squash, and handball.
  - McWilliams Fitness Center
  - Millstone Pool
  - Interco Weight Room
- **South 40 Fitness Center** (<http://reslife.wustl.edu/s40fitness/index.htm>):
  - Fitness classes are open to all WU students, faculty and staff.
  - Personal training sessions available for a fee.
  - Therapeutic table massage available by appointment.
  - Equipment room opens to graduate students during the summer.
  - For information regarding hours and fees or to make massage appointments, visit the center or contact [fitness@wustl.edu](mailto:fitness@wustl.edu)
- **WU Intramurals** (<http://www.restech.wustl.edu/~im/>)

### Local Gyms

- **St. Louis Workout**  
212 N. Kingshighway, St. Louis (in Chase Park Plaza)
- **Bally's Total Fitness**  
7393 Forsyth, Clayton  
[www.ballyfitness.com](http://www.ballyfitness.com) • 725-1777  
Located between downtown Clayton and the Danforth Campus
- **The Center of Clayton**  
50 Gay Ave., Clayton  
290-8500
- **"The Heights" Fitness Center**  
8001 Dale, Richmond Heights  
[www.richmondheights.org](http://www.richmondheights.org), 645-1476
- **Wellbridge Athletic Club and Spa**  
7620 Forsyth Blvd., Clayton  
746-1500
- **Centennial Commons Fitness Center in Heman Park**  
6801 Delmar Boulevard, University City  
<http://www.ucitymo.org>, 505-8625
- **Club Fitness**  
6665 Delmar Boulevard, University City  
[www.clubfitness.us](http://www.clubfitness.us), 932-2471

### Yoga and Dance Classes

- **South 40 Fitness Center @ WU**  
Wohl Center  
(<http://reslife.wustl.edu/s40fitness/schedule.htm>)
- **St. Louis Community College**  
Search under Recreation (PEDU) in the continued education section  
([http://users.stlcc.edu/ClassSchedule/term\\_search.asp](http://users.stlcc.edu/ClassSchedule/term_search.asp))

- **Bikram's Yoga**  
6630 Clayton Rd  
644-2226  
[www.yogastlouis.com](http://www.yogastlouis.com)
- **Marbles Yoga Studio**  
1905 Park Ave  
621-4744  
<http://www.marblesyoga.com>
- **Pilates & Yoga Center of St. Louis**  
1015 McCausland  
781-5050  
[www.pilatescenterstl.com](http://www.pilatescenterstl.com)
- **Solar Yoga Center of St. Louis**  
6002 Pershing  
726-5133  
<http://www.solaryogastl.org>
- **Spiritual Human Yoga**  
3175A S. Grand  
771-8557
- **The Big Bend Yoga Center**  
88 N. Gore  
918-YOGA  
[www.bigbendyoga.com](http://www.bigbendyoga.com)
- **West End Wellness and Yoga**  
4253 Laclede Ave  
531-5073
- **St. Louis Yoga Source**  
1500 Big Bend Blvd  
645-9642  
[www.stlouisyogasource.com](http://www.stlouisyogasource.com)
- **Clayton Pilates Studio**  
8240 Forsyth  
721-3616  
[www.claytonpilatesstudio.com](http://www.claytonpilatesstudio.com)
- **Urban Breath Yoga**  
1220 Tamm Ave  
421-9642  
[www.urbanbreath.com](http://www.urbanbreath.com)

## Parks and Trails

- **Missouri State Parks**  
(<http://www.mostateparks.com>)
- **St. Louis County Parks** (<http://www.co.st-louis.mo.us/parks/>)
- **Bike St. Louis** (<http://www.bikestlouis.org>)
- **Heman Park**  
University City along Midland and Olive  
Playground, picnic areas, 2 baseball fields,  
basketball courts, horseshoe courts, 8 tennis  
courts, 3 soccer fields, 4 football fields, a  
swimming pool, and a 1.5 mile jogging  
course.
- **Forest Park Forest Park**  
(<http://www.forestparkforever.org>)  
3 golf courses, 4 fields for baseball, softball,  
football, cricket, rugby, soccer, and lacrosse,  
4 handball courts, 4 racquetball courts, a  
tennis center, boating and fishing  
opportunities, and several trails for biking,  
blading, walking, and running.
- **The Berryman Trail** (biking trail)  
West of Potosi on Hwy. 8, about 12 miles. A  
25-mile loop trail great for mountain biking.
- **Busch Wildlife Preserve**  
636-441-4554  
Located 25 miles west on Hwy. 40 at  
Weldon Springs, 7 miles south of I-70 at  
Wentzville. Take 64/40 to the Defiance exit  
(Hwy. 94), then south. South of 64/40 on  
both sides of the road is a wildlife forest  
preserve with a lot of hiking trails.
- **Katy Trail State Bike Trail**  
Take 64/40 west to Hwy. 94, follow it south  
800-334-6946

## Indoor Rock Climbing

- **Upper Limits Rock Gym and Pro Shop**  
(<http://www.upperlimits.com/stlouis>)  
326 S. 21st St  
241-7625
- **Skyzone**  
(<http://www.skyzonesports.com/index.html>):  
Features an all-trampoline walled playing  
field with suspended goals.

## Annual Races/Marathons

- **Lewis and Clark Marathon**  
(<http://www.fleetfeetstl.com/lewisandclark.htm>)
- **Susan G. Komen Race for the Cure**  
(<http://www.komenstlouis.org/race>)
- **Wash. U Run 4 Fun**  
(<http://userfs.cec.wustl.edu/~sb2/Run4Fun/>)
- **St. Louis Track Club**  
(<http://www.stlouistrackclub.com/index.htm>):  
The Saint Louis Track Club encourages running, walking, and fitness for persons of all ages and abilities. The club organizes events, disseminates information related to the benefits of running and physical fitness, and encourages membership.
- **Swim Bike Run St. Louis**  
(<http://www.swimbikerunstlouis.com/>)
- **Go! St. Louis Marathon**  
(<http://www.gostlouis.org>)
- **Brentwood Ice Arena**  
([www.brentwoodmo.org/index.asp?SID=83](http://www.brentwoodmo.org/index.asp?SID=83))  
2505 S. Brentwood  
963-8689
- **Steinberg Skating Rink**  
([stlouis.missouri.org/citygov/parks/forestpark/steinberg.html](http://stlouis.missouri.org/citygov/parks/forestpark/steinberg.html))  
Outdoor rink in Forest Park  
367-7465

## Spiritual Wellness

### Campus Resources

- **Association of Christian Truth Seekers**  
(<http://acts-stl.com>)  
McKnight Road Church of Christ  
2515 South McKnight Rd  
(314) 962-7026  
A.J. Bennett ([ajb77@sbcglobal.net](mailto:ajb77@sbcglobal.net))
- **Baptist Student Union** ([bsu@su.wustl.edu](mailto:bsu@su.wustl.edu))  
Third Baptist Church  
620 N. Grand Blvd  
(314) 533-7340  
Leslie Limbaugh ([lilimbaugh@third-baptist.org](mailto:lilimbaugh@third-baptist.org))
- **Catholic Student Union**  
(<http://www.washucsc.org>)  
Catholic Student Center  
6352 Forsyth Blvd  
(314) 935-9191  
Troy Woytek ([woytek@washucsc.org](mailto:woytek@washucsc.org))
- **Chabad Student Association**  
Rohr Center for Jewish Life  
7018 Forsyth Blvd  
(314) 721-2884  
Rabbi Hershey Novak  
([rabbi@chabadoncampus.org](mailto:rabbi@chabadoncampus.org))
- **Christian Science Organization**  
Campus Box 1108  
(314) 935-4474  
Mary-Jean Cowell ([mjcowell@wustl.edu](mailto:mjcowell@wustl.edu))
- **College Central**  
(<http://www.collegecentral.gcm.cc>)  
Central Presbyterian Church  
7700 Davis Drive  
(314) 727-2777  
Marc Hunsaker ([marchunsaker@gmail.com](mailto:marchunsaker@gmail.com))

- **Episcopal Campus Ministry**  
Rockwell House  
7023 Forsyth  
(314) 489-6030  
Joseph Chambers  
([therevjoe@rockwellhouse.org](mailto:therevjoe@rockwellhouse.org))
- **Grace Fellowship**  
([gracefellowshipstl@gmail.com](mailto:gracefellowshipstl@gmail.com))  
Grace Presbyterian Church  
(217) 721-4445
- **Hillel/Jewish Student Union**  
6300 Forsyth  
(314) 935-9040  
Jackie Ulin Levey ([Jackie@stlouishillel.org](mailto:Jackie@stlouishillel.org))
- **International Students Inc.**  
2297 Fairroyal Dr  
(314) 965-8696  
Solomon & Ruby Kindagor  
([rubykendagor@charter.net](mailto:rubykendagor@charter.net))
- **International Student Ministries**  
130 Holly Leaf Drive  
(636) 227-8382  
Shih Y. Hsieh ([ISMA@charter.net](mailto:ISMA@charter.net))
- **Lutheran International Student Ministry**  
Lutheran Church Missouri Synod  
(314) 452-6406  
Karen Davis ([ismstl@yahoo.com](mailto:ismstl@yahoo.com))
- **Fellowship of Christian Athletes**  
Coach Stiles ([stiles@wustl.edu](mailto:stiles@wustl.edu))
- **Overflow (Campus Crusade for Christ)**  
7923 Birkenhead Dr  
(314) 518-7363  
Tim & Aubrey Dorsch  
([tim.dorsch@uscm.org](mailto:tim.dorsch@uscm.org))
- **United Church of Christ Campus Ministry**  
First Congregational Church  
6501 Wydown Blvd  
(314) 721-5060
- **University Jewish Experience**  
8200 Delmar  
(314) 398-8118  
Rabbi Zvi Schwartz  
([rabbitzvischwartz@gmail.com](mailto:rabbitzvischwartz@gmail.com))
- **InterVarsity Christian Fellowship**  
(909) 528-2515  
Elizabeth English ([eliz.english@gmail.com](mailto:eliz.english@gmail.com))
- **Asian Christian Fellowship**  
(520) 270-6335  
Esther Wong ([esther\\_wong@ivstaff.org](mailto:esther_wong@ivstaff.org))
- **Harambee Christian Ministries**  
(618) 304-0578  
Ashley June Smith  
([ashley\\_smith@ivstaff.org](mailto:ashley_smith@ivstaff.org))
- **International Friends**  
(314) 727-7912  
Allison Schafer  
([allisoncschafer@yahoo.com](mailto:allisoncschafer@yahoo.com))
- **One Voice Christian Fellowship**  
(480) 262-8521  
Andrea Garner ([andrea.garner@gmail.com](mailto:andrea.garner@gmail.com))
- **Latter-Day Saints Student Association**  
(636) 936-2215  
James Hendricks ([hendricksjl@ldscs.org](mailto:hendricksjl@ldscs.org))
- **Lutheran Campus Ministry**  
7019 Forsyth  
(314) 863-8140  
Rebecca Boardman  
([pastor.rebeccab@sbcglobal.net](mailto:pastor.rebeccab@sbcglobal.net))
- **Muslim Students Association**  
Kelly Saad ([washumsa@gmail.com](mailto:washumsa@gmail.com))
- **Baptist Collegiate Ministry**  
10710 Meath Dr  
(314) 842-3590  
Ed Moncada ([emoncada@mobaptist.org](mailto:emoncada@mobaptist.org))
- **Orthodox Christian Fellowship**  
All Saints of North America Orthodox  
Christian Church  
2550 Schuetz Rd  
(314) 994-0220  
Robyn Haas ([rjhaas@wustl.edu](mailto:rjhaas@wustl.edu))

- **United Methodist Campus Ministries**  
Grace United Methodist Church  
6177 Waterman Blvd  
(314) 863-1992
- **Washington University Liaison**  
Campus Life  
WU Box 1068  
(314) 935-5994 Jill Carnaghi  
([jill.carnaghi@wustl.edu](mailto:jill.carnaghi@wustl.edu))

Mark Williams ([markw@graceumc-stl.org](mailto:markw@graceumc-stl.org))

- **Baha'i Club** ([washubahai@gmail.com](mailto:washubahai@gmail.com))
- **Atma (Hindu Student Group)**  
[atma@su.wustl.edu](mailto:atma@su.wustl.edu)  
Abhi ([abhi0029@gmail.com](mailto:abhi0029@gmail.com))
- **Bhakti Yoga Club**  
(314) 583-2756  
Jeet Dayaldasani ([jeetday@sbcglobal.net](mailto:jeetday@sbcglobal.net))

### Community Resources (A Sampling)

- **All Saints Catholic Church**  
6403 Clemens Avenue  
(314) 721-6403
- **Christ the King CCMSOA**  
8201 S. Broadway  
(314) 544-0109
- **Baptist Church of the Holy Communion**  
7515 Melrose  
(314) 725-4613
- **Bethel Lutheran Church**  
7001 Forsyth  
(314) 863-3112
- **Holy Communion Episcopal Church**  
7401 Delmar Blvd  
(314) 721-7401
- **First Presbyterian Church of St. Louis**  
7200 Delmar Blvd  
(314) 726-6677
- **Bais Abraham Congregation**  
6910 Delmar Blvd  
(314) 721-3030
- **Young Israel Syn. & Youth Ctr.**  
8101 Delmar  
(314) 727-1880
- **Daar-UI-Islam**  
517 Weidman Rd.
- **Our Lady of Sorrows**  
5020 Rhodes  
(314) 351-1600
- **St. Matthew the Apostle**  
2715 N. Sarah  
(314) 531-6443
- **Central Seventh Day Adventist Church**  
5 Skinker Blvd  
(314) 727-2404
- **Church of Jesus Christ of Latter Day Saints**  
3905 McPherson  
(314) 533-0409
- **St. James Lutheran Church**  
1401 North Hanley  
(314) 727-3253
- **University United Methodist Church**  
6901 Washington Avenue  
(314) 863-8055
- **Nusach Hari-B'Nai Zion Cong.**  
8630 Olive Blvd.  
(314) 991-2100
- **Shaare Zedek Synagogue**  
829 North Hanley Road  
(314) 727-1747
- **Gateway Mosque**  
3843 West Pine  
(314) 531-8646



- **Temple and Meditation Center of Greater St. Louis**  
890 Lindsay Lane  
(314) 837-9717

## Safety and Security on Campus

**Washington University Police Department: (314) 935-5555**

<http://police.wustl.edu>

### Crime Prevention Services on Campus

- **Blue Lights Telephones**  
The telephones off-campus have a direct link to the local police serving that area; on-campus they connect directly to the Washington University Police Department (WUPD). They are easily recognized at night by the bright blue light mounted above the telephone. Pushing the red button connects the caller directly to the university police dispatcher. The dispatcher knows the exact location of the telephone and will send help immediately, even if the caller cannot speak.
- **Bicycle Locks**  
WUPD offers Kryptonite® bike locks through a "lend-lease" program. A \$20 deposit is required when the lock is picked up, and is refunded upon return of the lock to WUPD. If you decide to keep the lock, it is considered yours for the price of your deposit.
- **Stop Tags**  
Computers have become one of the most popular targets for both the casual and experienced thief. The WUPD has partnered with STOP TAG to provide a low-cost alternative to deterring the theft of your laptop or other valuables, and to improve tracking if the item is stolen.
- **The Club Program**  
For added motor vehicle security, the WUPD offers "The Club" at a significantly discounted rate of \$10. Contact the WUPD Crime Prevention office at 935-5084 for more information.
- **Campus2Home**  
(314) 935-5601  
The Campus2Home shuttle will provide a safe ride home for students living in four designated areas off campus — Skinker-DeBaliviere, Loop South, North of The Loop and just South of the Campus — from 7:00 p.m.- 2:30 a.m. seven days a week. The shuttle leaves from the Mallinckrodt Center at the top and bottom of every hour during working hours. Service will be one-way from campus to homes. Students will need to have their Washington University IDs to receive a ride.

### Emergencies

For emergencies on campus such as fire, burglary, late night maintenance, or lights left on (battery charge) call the Campus Police at (314) 935-5555. There are blue phones all over the campus for emergency use. There is an emergency phone on the second floor of Brown Hall by the second level of Brown 100 and at the Forsyth entrance of Goldfarb Hall. Just pick up the receiver and the campus police are able to identify which phone has been picked up and will come to your location. For off campus emergency, dial 911.

## Campus Goods and Services

### Bank of America

Upper Level Mallinckrodt  
(314) 466-0520

### Campus Store

Main Level Mallinckrodt  
(314) 935-5500

Sells course books, general books, magazines, novels, art supplies, clothing, Washington University souvenirs, and miscellaneous items. They also do film processing and picture framing.

### Post Office

Village House, The Village  
(314) 935-5635

This post office does sell money orders and takes registered mail (9am-3pm)  
*The only form of payment accepted is cash.*

### Copying – Kinko's

Mallinckrodt, 2nd Floor  
(314) 935-8481  
South Forty (314) 935-8924  
Fax service available.

### Services for International Students

Office of International Students and Scholars  
6470 Forsyth  
(314) 935-5910

Information on services for international students can be obtained from the OISS. They offer a free lunch every Tuesday for all interested students.

## Community/Environment/Pets

### Recycling centers

- **St. Louis City** (<http://stlouis.missouri.org/citygov/recycle/index.htm>)
- **St. Louis County** ([http://www.stlouisco.com/doh/waste/s\\_waste.html](http://www.stlouisco.com/doh/waste/s_waste.html)) A "Recycling Directory" of drop-off sites is available from Waste Management at **615-8958** (fax 615-6435).
- **St. Louis-Jefferson Solid Waste Management District** (<http://www.swmd.net/rrr/index.php>): St. Louis Region Recycling Information -Find recycling, hazardous waste or other environmental service providers

### Blood Drives and Platelet Donation

- **Blood Drives at WU** (<http://www.communityservice.wustl.edu/donateblood/>)
- **Platelet Donations** (<http://www.barnesjewish.org/groups/default.asp?NavID=3251>)

### Other Resources

- **Healthy Living** (<http://www.healthyliving.wustl.edu/>) – This site is designed for the Washington University School of Medicine, but has good info relevant to all WU students in graduate and professional school.

- **Go Ask Alice!** (<http://www.goaskalice.columbia.edu/>) *Go Ask Alice!* is the health question and answer Internet service produced by Alice!, Columbia University's Health Promotion Program — a division of Health Services at Columbia.

## **Pets**

- **Banfield, The Pet Hospital** ([www.banfield.net](http://www.banfield.net))  
62 Brentwood Promenade Ct (Inside PetsMart near Target)  
963-9805  
  
10900 Sunset Plaza Dr., Sunset Hills (in PetsMart)  
909-1300
- **Kingsbury Animal Hospital**  
420 N Skinker Blvd  
(314) 721-6251
- **Watson Road Veterinary Clinic**  
3725 Watson Road  
644-1544  
Discounts available to students
- **Humane Society of Missouri**  
1201 Macklind Ave. <http://www.hsmo.org>