## The Final In-stall-ment

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**UNIVERSITY OF VIRGINIA** DEPARTMENT OF STUDENT HEALTH





Hoo knew? YOU knew!

89.5% of UVA students who drink stay in a group (use a buddy system).\*

91.9% of UVA students believe integrating rest, relaxation, and rejuvenation into life helps them thrive.\*

83.6% of UVA students who drink avoid mixing alcohol with other drugs

"I truly believe that the measure of one's success is not so much the number of awards but rather the quality of the impact on those a person has been in a position to assist."

- Dr. Vivian Pinn, UVA Med 1967, the only woman and African American in her graduating class

"Always believe in yourself, no matter what you do." – Miss Kathy, Newcomb Fresh Food Company

"That pleasure which is at once the most pure, the most elevating, and the most intense, is derived from the contemplation of the beautiful."

– Edgar Allan Poe, Writer, 1826 UVA Student

We would love to hear your questions, comments, ideas, and suggestions. Please write to us at StallSeatJournal@virginia.edu! Want this poster for your room? *Feel free to take me home May 8-12.* 

Photos by Rebecca Jugo. Jessica Brown & Sarah Alberstein \* From the February 2015 Health Survey with responses from 931 UVA students

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