

BIOMEDICAL ENGINEERING

Official Newsletter of the Community & Student Engagement Committee

February is Heart Health Month

Things you should know:

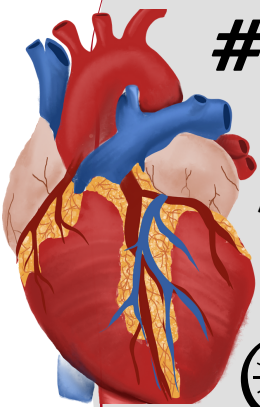
#1 health problem in the U.S. is cardiovascular disease.

2 out of **5** 

Americans die of heart attack, stroke, high blood pressure, and other heart issues.



Every **34** seconds someone has a heart attack.

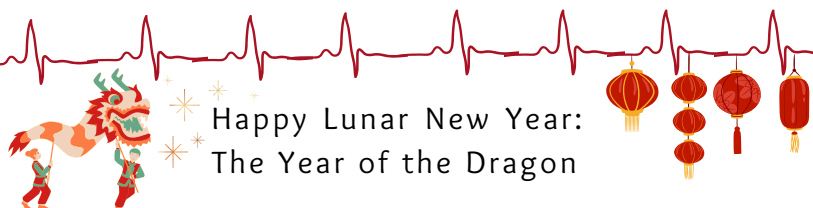


Join the [Emergency Medicine Club](#) for engaging experiences, volunteer opportunities, and to promote public awareness of emergency medical techniques.

Our very own **Dr. Raj Rao** received the **American Red Cross Certificate of Merit** after performing CPR and **saving a co-worker's life**. Read more [here](#).



Happy Lunar New Year:
The Year of the Dragon



EVENTS



NARCAN TRAINING



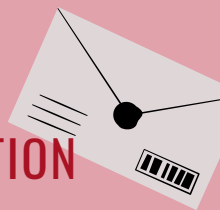
Feb 15 & Mar 15, 5:30-6:30pm
@ Pat Walker Health Center rm. 1116-1118

Free training to learn the signs of opioid overdose and how to administer life-saving Naloxone. No registration required.

ENGINEER'S GOT TALENT

Feb 22, 7pm @ Faulkner Performing Arts Center
Calling all engineers to show off your talent! Sign up to perform [here](#), or come watch to support your fellow engineers (no RSVP necessary).

REQUESTING EFFECTIVE LETTERS OF RECOMMENDATION



Feb 22, 11-11:30am, virtual event
Workshop open to all students!
Register and get the link [here](#).

EMPOWERED: PUBLISHING TIPS

Mar 6, 3-4pm @ AGRI 332
This workshop discusses selecting a journal, framing your research, submitting your manuscript, and navigating the peer review process. No registration necessary.



CAMPUS HEALTH & WELLNESS RESOURCES



Did you know...

your spouse/significant other can pay for a UREC membership to work out with you?

most insurance plans provide 1 free physical, eye exam, and women's wellness visit per year?

Learn more about UARK Wellness Resources [here](#).

spouses and children of students can be added to insurance and treated at the Pat Walker Health Center?

the UREC Sports Injury Clinic provides free consultations and rehab for any UREC member?

UARK Wellness

Providing a comprehensive program promoting wellness and holistic health by engaging and empowering students, faculty, and staff through experiential academic and non-academic classes, coaching, and supportive services and activities.

Click on the boxes for more details. Eligibility may vary.

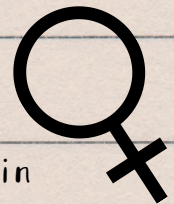
SCHOLARLY SCOOP



by clicking on each title

Essential Readings

Support strategies are needed for women in STEM with childcare responsibilities



Sex and science: underrepresentation of women in early-stage clinical trials

Why Diverse Representation in Clinical Research Matters and the Current State of Representation

I'm a Black scientist, tired of facing racism and exclusion from academia

Award-Winning Safety Training Videos Showcase Inclusivity in the Lab



PODCAST PICKS FOR PERSONAL & PROFESSIONAL GROWTH

CLICK ON THE ONES YOU'RE INTERESTED IN TO SEE THEIR WEBSITES!



TURN EVERY HOUR INTO A "HAPPIER HOUR"



5 Ways To Improve Your Mental Health



Women at Work

Conversations about where we're at and how we move forward.

