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## Get pHresh at Freshens

January 26, 2015

STATESBORO, Ga.- Eagle Dining Services partnered with Freshens, the largest smoothie and frozen yogurt company in the U.S., to provide students with fresh, low calorie smoothies. “Oh Kale!” a new alkalized smoothie drink made with pHresh greens will now be offered at Freshen’s retail dining locations.

The new “Oh Kale!” drink is blended with organic Kale, spinach, mango, pineapple, mango sorbet and 14 other raw greens providing rich protein and nutrients. With a natural balanced source of antioxidants, the smoothie is set for detoxifying, cleansing and aiding with digestion.

Freshens located in the Recreation Activities Center (RAC), offers more than 20 selections for students to enjoy natural drinks on the go. Alkaline green vegetables contribute to balancing pH levels while satisfying taste buds.

Visit Freshens today to try new blends of smoothie favorites.

### About Freshens

Freshens is the largest yogurt and smoothie company in the country and has been in operation for over 25 years. With 1,000 locations, including 45 stores in 27 airports and 350 college and universities, Freshens operates under a license agreement, without franchise, royalty or marketing fees. Freshens is a privately held corporation headquartered in Atlanta, and was founded in 1985 as Freshens Premium Yogurt. Freshens was the first to introduce fat free no sugar added yogurt in 1989 and vitamin fortified, all natural smoothies in 2009. By adapting to industry trends and ever-changing customer needs, Freshens is poised for continued growth. For more information, go to [www.freshens.com](http://www.freshens.com) or like us at [www.facebook.com/Freshens](http://www.facebook.com/Freshens).

### About Auxiliary Services

Auxiliary Services’ mission is to create the best possible Georgia Southern University experience.

Auxiliary Services strives to provide the highest quality products and services to the Georgia Southern community, while setting the highest operational standards possible. Auxiliary Services supports the strategic direction of the University through the delivery of extraordinary programs, products, services and facilities.

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# Health Services to Host The Walking Dead

January 26, 2015

STATESBORO, Ga. – Georgia Southern University's Health Services will host a sleep awareness event, The Walking Dead, on Wednesday, January 28. The Walking Dead event aims to inform students on the importance of good sleep habits and how influential a good nights rest can be to your health and academic performance. The Event is set to take place from 11 a.m. until 1 p.m. in the Russell Union.

College students are said to be among the most sleep-deprived people in the country. This may be due to pulling all-nighters or simply having irregular sleeping habits due to an abundance of activities.

Lack of sleep is known to cause many issues, including both mental and physical health. Being deprived of sleep can impact the ability to fight off infections and illnesses, and is also linked to obesity.

Not only is getting the proper amount of sleep crucial for our health, but it helps with thinking more clearly and creatively. Being well rested is also known to create a more positive attitude in a person, which results in a better performance overall.

It is found that by getting the proper amount of sleep, students become more alert and focused, tend to be in better moods, and have much more energy and motivation.

Tips to achieving a good night's rest include:

- Avoid caffeine at night, and limit caffeine intake during the day.
- Create a sleep schedule and try to stick to it.
- Avoid using any technology while getting ready for bed.
- Exercise and stay active every day.

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