From the office:
Fall is upon us! We will be open extended hours for Fall Break.

Thursday October 18th, we will have our annual Open House for the APFP from 4:30PM-6:30PM. This event is geared towards individuals who would like to visit the APFP and see what we have to offer. If you have a friend or family member who you think could benefit from what we have to offer, please encourage them to attend the open house.

The Healthy Lifestyle Center is a new community based initiative in town. The goal is to focus on improving the health of those in our town. The services we offer are in the areas of nursing, social work, counseling psychology, nutrition, exercise, speech and audiology (all of the departments within the College of Health) along with the collaboration with the IU Med students. We help you with the exercise portion of things here in the APFP, but the HLC can help on the nutrition side of things for individuals that have expressed interest in losing and or maintaining weight for example. This was a service we were not able to offer in the past unless the individual was a BSU employee, but now anyone can use these services for FREE. With that being said, if you or someone you know can use some guidance in any of these areas please encourage them to stop in or make an appointment to the Healthy Lifestyle Center. We have cards for the HLC on the front in the fitness center. If you have any questions, you can ask Courtney, McKenzie, Nicole or the interns.

October Birthdays

| Linda G. | Andrew D. | Deb C. |
| Elijah D. | Phil G. | Carmen V. |
| Kelly M. | Sally C. | Cindy H. |
| Jackie D. | Norm S. |  |
HALLOWEEN COSTUME CONTEST
October 31st falls on a Wednesday this year! Wear your best costume for a chance to win an APFP t-shirt! We will choose 1 winner from the following categories:

- Funniest
- Scariest
- Ball State Spirit
- Most Original
- Best Couples Costume
- Spookiest
- “Requiring Most Explanation”

Spooky Jokes
What are you likely to find on a haunted beach?
What do you call a cleaning skeleton?
What part of the street do vampires live on?
Why do ghosts like to ride elevators?
What is a goblins favorite cheese?

FUN FACTS
Almost 90 million pounds of chocolate are sold during the week of Halloween
Michael Jackson’s “Thriller” is the #1 Halloween song in the world

1. A sand-witch
2. The "Grim Sweeper"
3. A dead end
4. It raises their spirits
5. Monster-ella