

# COME JOIN US FOR THE ANNUAL MOVIE NIGHT HOSTED BY: TRIO/SSS



Pizza & popcorn will be provided. Please be sure to RSVP to [camposk@orst.edu](mailto:camposk@orst.edu)

*Did you know...*

SCARY MOVIES TRIGGER  
THE PRODUCTION OF ADRELINE AND  
DOPAMINE THE EXCITEMENT AND THE  
UNCERTAINTY OF THE SCARY MOVIE  
ACTIVATES YOUR ADRENAL GLAND TO  
PUMP ADRENALINE ALL OVER WHICH  
CAN GIVE YOU THAT ENERGY BOOST.  
IT GIVES YOUR MIND SOME SORT OF  
DIVERSION AND HELPS YOU FORGET  
ABOUT THOSE ANXIETY AND STRESS  
YOU HAVE IN YOUR DAILY ROUTINE.

**OCTOBER 9<sup>TH</sup>, @6:30, WALDO 301**