DON’T CANCEL THAT CLASS!

Out of town on business? Attending a conference? Family obligations?

THE HEALTH PROMOTION & PREVENTIVE SERVICES (HPPS) department at the UA Campus Health Service can fill in and present to your class on a range of health topics!

TO REQUEST A PRESENTATION:
Call (520) 621-5700 or visit www.health.arizona.edu

facebook.com/campushealth
youtube.com/uacampushealth
@UACampusHealth

PRESENTATION MENU

Bear Down on Health & Wellness .......... 45 minutes
Who doesn’t want to be healthy? Learn the Top 10 Tips for staying healthy in college.

Body Smart ................................................................. 45 minutes
Peer-led, interactive discussion examining the sources that promote the “thin ideal” and the “Muscular ideal,” and the many costs we pay by pursuing these illusions.

The Buzz ................................................................. 45-90 minutes
Beach balls, frisbees, and game show buzzers are all used in this fun, interactive group alcohol education program.

Eat This! ................................................................. 45 minutes
A nutrition presentation based on what students want to know! Interactive, open-ended Q&A style presentation that will give students information they can use.

Red Cup Q&A .............................................................. 30-45 minutes
The live version of the weekly column! All your alcohol questions will be answered.

SexTalk ................................................................. 50-75 minutes
Get the facts on UA student sexual behaviors and learn about STD prevention, contraception, and more.

Sleep & Stress ............................................................. 45 minutes
Stressed out and sleep-deprived? This presentation offers tips to help lower stress and increase the amount and quality of your sleep.

Suicide Prevention:
Question, Persuade, Refer ....................... 50-120 minutes
We all have the potential to save lives. It starts by learning how to ask the right question at the right time.