



PRESENTATION MENU



CAMPUS HEALTH

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

 @UACampusHealth

 youtube.com/uacampushealth

 @UACampusHealth

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.