THE HEALTH PROMOTION department at Campus Health can bring a fun and interactive program to your dorm, classroom, or club! (Available virtually or in-person.)

**GENERAL HEALTH**

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

**ALCOHOL AND DRUGS**

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

**Red Cup Q&A**
(30-45 minutes)
Separating alcohol fact from fiction.

**Rx Safely**
(45-60 minutes)
From Adderall to Xanax, discover how prescription drugs have the power to help, harm, and heal.

**NUTRITION**

**Food & Mood Connection**
(60 minutes)
Does what we eat influence how we feel or does how we feel influence how we eat?

**Nourishing Choices & Campus Life**
(60 minutes)
Learn to build satisfying meals while keeping your sanity and budget in-check.

**Nutrition Myth Busting**
(45-60 minutes)
Debunk common nutrition myths and get the facts.

**Nutrition: [Name Your Topic]**
(45-60 minutes)
Not finding a nutrition presentation that fits your need? We’ll adapt to you!

**SEXUAL HEALTH & RELATIONSHIPS**

**Sextalk**
(50-75 minutes)
Answers to your burning questions about sex, birth control, STI’s, and more!

**Healthy Boundaries**
(50-60 minutes)
Discover your own self-care plan, learn the power of saying “no,” and practice setting boundaries.

**Navigating Relationships**
(60-120 minutes)
Discover pathways to more satisfying relationships that honor the desire for individuality and togetherness.

**MENTAL HEALTH**

**Mental Health, Self Care, & Suicide Prevention**
(50-60 minutes)
Tips for improving your own mental health and helping others.

**Sleep & Self-Care Party**
(60-90 minutes)
A throw-back to your favorite childhood sleepover games – with a twist! Explore self-care strategies and positive sleep practices while playing games like self-care share or dare and self-love spin the bottle.

**Sleep & Stress**
(45 minutes)
Learn to lower your stress, improve your sleep, and thrive.

**Stronger Than: The Power of Perspective**
(60 minutes)
Discover how your perspective impacts coping & problem-solving abilities.

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