



PROGRAM MENU



**CAMPUS
HEALTH**

JUST FOR RAs

THE HEALTH PROMOTION & PREVENTIVE SERVICES

(HPPS) department at the UA Campus Health Service can bring a fun and interactive program to your residence hall!

TO REQUEST A PROGRAM:

Call (520) 621-5700 or visit health.arizona.edu/ra

 facebook.com/campushealth

 [@UACampusHealth](https://twitter.com/UACampusHealth)

 youtube.com/uacampushealth

 [@UACampusHealth](https://instagram.com/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.

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

Navigating Relationships 60-90 minutes
Discover pathways to more satisfying relationships that honor the desire for individuality and togetherness.

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

7 Food Myths You Swallowed 45-60 minutes
Registered Dietitians debunk common nutrition myths, offering the facts and inviting discussion.

SexTalk 50-75 minutes
Get the facts on UA student sexual behaviors and learn about performance, 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.

Smart Pharm vs. Pharm Harms 45-60 minutes
Facts and assumptions around prescription drug use.

**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.