# THE HEALTH PROMOTION

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.

**Digital Detox** *(45-60 minutes)*
Take control of your phone – a few small steps that can have a big impact on your health.

## 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.

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