



**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 health.arizona.edu

@uazcampushealth @uazcampushealth [facebook.com/uazcampushealth](https://www.facebook.com/uazcampushealth)

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.

The Buzz 45-90 minutes

Beach balls, frisbees, and game show buzzers are all used in this fun, interactive group alcohol education program.

Food & Mood Connection 60 minutes

Does what we eat influence how we feel or does how we feel influence how we eat? Explore the intricacies of the food and mood connection with Registered Dietitians.

Navigating Relationships 60-120 minutes

Discover pathways to more satisfying relationships that honor the desire for individuality and togetherness.

Nourishing Choices & Campus Life 60 minutes

A healthy relationship with food is key! Get practical tips from the Registered Dietitians for building satisfying meals, while keeping your sanity & budget in-check.

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, increase personal resilience, and improve the quality of your sleep.

Rx Safely 45-60 minutes

From Adderall to Xanax, discover how prescription drugs have the power to help, harm, and heal.

**Suicide Prevention:
Question, Persuade, Refer** 60-120 minutes

We all have the potential to save lives. Learn the 3 simple steps anyone can use to help save a life from suicide.