



**CAMPUS
HEALTH**

WE BRING HEALTH TO YOU!

THE HEALTH PROMOTION & PREVENTIVE SERVICES

(HPPS) department at the UA Campus Health Service can bring a fun and interactive program to your dorm, classroom, or club!

TO REQUEST A PRESENTATION:

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



@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?

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

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 will adapt to you!

Red Cup Q&A..... 30-45 minutes

Live version of the weekly column! All your alcohol questions will be answered.

Rx Safely 45-60 minutes

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

SexTalk 50-75 minutes

Answers to your burning questions about sex, birth control, STDs, and more!

Sleep & Stress 45 minutes

Learn to lower your stress, improve your sleep, and thrive.

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.