



**CAMPUS  
HEALTH**

# PROGRAM MENU

 *We Bring Health to You!*

**THE HEALTH PROMOTION & PREVENTIVE SERVICES (HPPS)** department at Campus Health can bring a fun and interactive program to your dorm, classroom, or club!\*

## **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.

## **COVID Conversations**

(30-45 minutes)

Best practices for staying safe, reducing your risk, and taking charge of your own well-being.

## **Food & Mood Connection**

(60 minutes)

Does what we eat influence how we feel or does how we feel influence how we eat?

## **Mental Health, Self-Care, & Suicide Prevention**

(50-60 minutes)

Tips for improving your own mental health and helping others.

## **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'll adapt to you!

## **Physical Activity: Move Your Body, Move Your Own Way**

(45-60 minutes)

Learn the benefits of physical activity and some easy movements you can do anywhere.

## **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.

## **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.

## **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](http://health.arizona.edu)



*\*Available  
virtually or  
in-person!*



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