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

*Available virtually or in-person!