



**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: Building Resilience

(60 minutes)

Discover how changing your perspective can change your world.



TO REQUEST A PROGRAM:

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



**Available
virtually or
in-person!*



@UAZCampusHealth



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