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!