## General Wellness

**Wellness 101** 30-40 min.
From nutrition, to sexual health, to stress, & more, learn how to stay healthy & happy during your college experience.

**Wellness Taboo** 30-40 min.
Play the fun game of Taboo while learning important college health & wellness information & tips.

**Freshman Game Plan** 30-40 min.
Debunk Freshman Year myths from the dreaded “Freshman 15” to the healthiest choices in the dining halls. Make Freshman year your best yet!

## Alcohol

**Blame it on the Alcohol** 30-45 min.
Learn about college alcohol consumption, safe drinking tips, & more!

**Alcohol Jeopardy** 20-30 min.
Experience Jeopardy & learn about BAL, how alcohol affects your body, low risk drinking, & much more.

**Alcohol Taboo** 30-45 min.
Participate in Taboo while learning about BAL, alcohol safety, & how to Be Wise while drinking.

**Catch the Party Buzz** 40-50 min.
Discuss the culture of alcohol use in college, myths, & how to keep yourself safer when going out.

**Alcohol DEBUNKED!** 30-45 min.
Think you know all the hangover “cures”? Does beer before liquor really make you sicker? Find out the truth when it comes to drinking.

## Stress Management

**Stress Less** 20-30 min.
Learn about stress, how it affects your body & ways to manage it effectively & healthily.

**Exam Cram** 30-40 min.
Get information & tips on managing stress, note taking, & how to be prepared for your exams.

**Stress Taboo** 30-45 min.
Take part in this exciting game, & get information & tips on stress.

## Mental Health

**Maintain your Mental Health** 30-45 min.
Discuss the stigmas around mental health, & learn about support systems & helpful resources.

**Mental Health Jeopardy** 30-45 min.
Engage in Jeopardy & learn insightful & applicable information on mental health.

## Nutrition & Fitness

**Nutrition 101** 45-60 min.
Discover more about portion sizes, reading food labels, smart dining tips, & nutrition resources.

**Nutrition & Fitness Taboo** 30-45 min.
An interactive overview of the basics of nutrition & fitness through this fun game.

## Financial Wellness

**Financial Wellness Taboo** 30-45 min.
Find out about important financial wellness concepts & start saving some money!

**Financial Wellness Jeopardy** 30-45 min.
Play Jeopardy & learn about managing your personal finances.

**$how Me the Money** 30-45 min.
A discussion about financial stress, budgeting, saving, credit cards, & student loans.

**The Good Credit Game** 30-45 min.
An applicable & educational spin about how credit scores can affect your financial wellness.

## Sexual Health

**Safe Sex is Great Sex** 45-60 min.
…better wear a latex! Be informed about STI’s, protection methods, consent, & more.

**Sexual Health Jeopardy** 20-30 min.
Tune in & gain valuable sexual health information about safer sex practices, STIs, local resources & more!

**Sexual Health Taboo** 30-45 min.
Learn important sexual health facts while playing Taboo.

**Sex DEBUNKED!** 30-45 min.
Think you know all about sex? Find out the truth when it comes to sex.

**Sex on the Big Screen** 30-45 min.
After watching hilarious scenes from your favorite movies & TV shows, we’ll discuss the good, the bad, & ways to make healthier choices.

## Financial Wellness

**Financial Wellness Taboo** 30-45 min.
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## Miscellaneous Programs

**Their Status Said What?!?!** 20-30 min.
Focus on how to be smart & keep yourself safer when online.

**Hookah Lounge Trivia** 20-30 min.
Test your knowledge on the health risks of hookah, hookah in college, & bust myths about hookah.
What else does the SWC have to offer?

Pre-made bulletin boards on a variety of different topics, including alcohol, body art, campus eating, cold and flu, and more!

11” x 17” posters developed by SWC peer educators with taglines such as, “All drinks are not created equally”, “BeYOUtiful” and “Fight the Flu”.

Gotcha Covered condom distribution program

Awareness events, such as HIV Testing, Safe Spring Break, Health and Wellness Fair, Health Huts, etc…

Financial education and private coaching services provided by Peer Financial Coaches.

And much more!

4 Ways to Order a Program

1. **Call** 556-6124
2. **Visit** [www.uc.edu/wellness](http://www.uc.edu/wellness) and click “Requests” on the left or in the center
3. **Visit** the office in 675 Steger Student Life Center
4. **Student Wellness Center CampusLink** page [www.campuslink.uc.edu](http://www.campuslink.uc.edu)
   - Make sure to give at least two weeks notice for a program request
   - Programs must start no later than 8pm
   - Must have at least 5 participants to conduct a program

When requesting, be prepared with the following information:

- Program name
- Location
- Date and time
- Estimated attendance
- Your name and phone number

If you need to CANCEL your request, PLEASE contact us at 556-6124 at least 24 hours in advance.

For programs needing A/V materials, we can provide a laptop computer and projector. Please let us know ahead of time if we need to bring our own equipment.

**Wellness Program Menu**

Feed the minds of your organization, residence hall, or classroom with a peer-led health and wellness program!

The Prevention Resource for a Healthy Student Wellness Center
675 Steger Student Life Center
[www.uc.edu/wellness](http://www.uc.edu/wellness)
@UC_Wellness
556-6124