

Alcohol

Alcohol Jeopardy

Learn about the physical effects of alcohol, social consequences, gender differences and responsible consumption while engaging in healthy competition.

Length: 30 minutes

The Sober Truth

This program gives students the info they need to make low-risk choices about alcohol by explaining blood alcohol level, it's effects on the body, standard drink sizes, alcohol poisoning and much more. Don't miss the opportunity to try out the beer goggles!

Length: 30-45 minutes

Spin the Bottle: Sex, Lies, & Alcohol

Presentation includes video and discussion. The "Spin the Bottle" video depicts how pop culture glamorizes excessive drinking and high risk behaviors.

Length: 50-60 minutes

Smoking

Tobacco Jeopardy

A FUN and interactive game that covers information on chemicals found in tobacco and secondhand smoke, cigars, quitting, and more!

Length: 30 minutes

Just the Facts

In this interactive program students learn up-to-date information about the impact of cigarettes, cigars, and smokeless tobacco on the individual and society.

Length: 30-45 minutes

Sexual Health

Sex Jeopardy

Learn about sex while engaging in a competitive game of jeopardy! Categories include alcohol & sex, protection, humping on campus green and infections.

Length: 30 minutes

Let's Talk About Sex

This highly interactive program includes the STI transmission game, condom demonstrations and important sexual health information.

Length: 30-45 minutes

Condoms & Conversation

An indepth PowerPoint presentation and conversation on STI's and how to protect yourself.

Length: 45 minutes

Nutrition

Nutrition Jeopardy

This program teaches about the food guide pyramid, eating vegetarian, fad diets, and healthy food choices in a fun, competitive atmosphere.

Length: 30 minutes

Food for Thought

This interactive discussion covers basic nutrition information including; the food guide pyramid, fast food facts, and easy recipes. This program comes with several visuals, such as fat and sugar test tubes, portion info and a 5 lb. fat model.

Length: 30-45 minutes

Stress

Stress Jeopardy

Teaches information on stress, its effects on the body, and coping techniques, with an added spice of competition.

Length: 30 minutes

Stress Sampler

This presentation covers multiple ways to deal with stress, including deep breathing exercises, time management, and much more! Also learn about the causes and symptoms of stress.

Length: 30-45 minutes

Body Image

Body Jeopardy

An interactive game that teaches students about body image, eating disorders, healthy dieting and the media's portrayal of "perfect", with a touch of competition.

Length: 30 minutes

BeYOUtiful

This program and discussion looks at media and body image, body image terms and a personal reflection of your own body image.

Length: 30-45 minutes



Physical • Emotional • Spiritual • Social • Intellectual • Occupational

Health & Wellness

Wellness Jeopardy

A bit of competition with information on multiple aspects of wellness. This program is definitely flavored for the college student. Topics include alcohol, stress, sexual health and nutrition & fitness.

Length: 30 minutes

Drugs

Drug Jeopardy

A FUN and competitive way to learn about commonly abused drugs.

Length: 30 minutes

If nothing on this menu tempts your appetite, call the Wellness Center for our Made-To-Order Specials!

Other potential program topics include:

Women's Health

Men's Health

Minority Health

Pregnancy & Birth Control

Exercise

And more!

3 Ways to Order a Program

- 1) **Phone: 556-6124**
- 2) **Visit www.uc.edu/wellness and click "Request a Wellness Program"**
- 3) **Stop by the office in 675 Steger Student Life Center**

- 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 ordering, be prepared with the following information:

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

IF you need to CANCEL your order, PLEASE contact us at 556-6124 ***at least*** 24 hours in advance.

Peer Educator



Program Menu

The UC Wellness Center
675 Steger Student
Life Center
556-6124
www.uc.edu/wellness

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