**General Wellness**

**Wellness 101** 45-60 min.
From nutrition to sexual health to stress & more, learn how to stay healthy & happy during your college experience.

**Wellness Taboo** 45-60 min.
Play the fun game of Taboo while learning important college health & wellness information & tips.

**Nutrition & Fitness**

**The Hunger Games** 45-60 min.
Debunk common nutrition myths & learn how to make good food choices in order to maintain a healthy lifestyle.

**Nutrition & Fitness Taboo** 45-60 min.
Learn the basics of nutrition & fitness through a fun game of Taboo.

**Mental Wellness**

**Maintain your Mental Wellness** 45-60 min.
Explore the spectrum of mental wellness while discovering ways to reduce barriers to seeking help.

**Mental Health Jeopardy** 45-60 min.
Play Jeopardy & learn insightful & applicable information on mental health.

**Stress Management**

**Stressed at Hogwarts** 45-60 min.
Even wizards get stressed! Get sorted into your house and talk about stress management based on your personality characteristics.

**Stress Taboo** 45-60 min.
Take part in this exciting game to get information & tips on stress.

**Alcohol**

**Blame it on the Alcohol** 45-60 min.
Learn about college alcohol consumption, low-risk drinking tips, & more!

**Alcohol Jeopardy** 45-60 min.
Experience Jeopardy & learn about BAL, how alcohol affects your body, lower risk drinking, & much more.

**Financial Wellness**

**Financial Wellness Jeopardy** 45-60 min.
Play Jeopardy & learn about managing your personal finances.

**Sexual Violence Prevention**

**Bearcat Bystander Training** 90 min.
Learn how to be an active bystander to promote a safe environment on our campus!

**Healthy Relationships** 45-60 min.
Learn the knowledge and skills you need to foster healthy friendships & intimate relationships.

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

**Sexual Health**

**Sexual Health Jeopardy** 45-60 min.
Test your sexual health knowledge by playing Jeopardy.

**Graduate/Professional**

**Graduate Student Wellness** 45-60 min.
From mental health to nutrition to financial wellness and more, we discuss how to stay healthy, happy, and productive during your graduate experience.

**Maintain your Mental Wellness in Grad School** 45-60 min.
Learn about stress management, healthy coping skills and resources to balance your mental wellness in grad school.

Visit uc.edu/campus-life/wellness to see more presentation offerings.
What else does the SWC offer?

Awareness events, such as free HIV Testing, Stress Less Fest, Health and Wellness Fair, Health Huts, and more!

FREE products including condoms, lube, Band Aids, nail files, hand sanitizer wipes, and more!

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

11” x 17” posters with taglines such as, “Sex may never get old, condoms do”, “BeYOUtiful” and “Fight the Flu”.

Gotcha Covered condom distribution program.

Be Wise Party Packs.

Financial education and one-on-one coaching services.

And much more!

Check out our schedule of events at www.uc.edu/campus-life/wellness

How to Request

1. Log in on campuslink.uc.edu with your 6+2
2. Search “Student Wellness Center”
3. Fill out the Student Wellness Center Workshop Contract
   - Make sure to give at least two weeks notice for a presentation request
   - Presentations must start no later than 8pm
   - Must have at least 5 participants to conduct a presentation

When requesting, be prepared with the following information:
- Presentation name
- Location
- Date and time
- Estimated attendance
- Your name and phone number
- Technology/Equipment provided
- Accomodations

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

Presentation Menu

Promote positive health and wellness in your organization, residence hall, or classroom with a peer-led presentation!

Student Wellness Center
675 Steger Student Life Center
uc.edu/campus-life/wellness
(513) 556-6124
@UC_Wellness