WHAT DOES THE STUDENT WELLNESS CENTER OFFER?

ENGAGING WELLNESS EVENTS SUCH AS UC LATE NIGHT PROGRAMS, MONTHLY HEALTH HUTS, AND STRESS LESS FEST BEFORE FINALS!

FREE PRODUCTS INCLUDING CONDOMS, LUBE, BAND AIDS, NAIL FILES, LIP BALM, AND MORE!

PRE-MADE BULLETIN BOARDS ON A VARIETY OF TOPICS INCLUDING SEXUAL HEALTH, ALCOHOL RISK REDUCTION, MENTAL HEALTH AND MORE!

FREE HIV TESTING

GOTCHA COVERED CONDOM DISTRIBUTION PROGRAM

BYSTANDER INTERVENTION TRAINING

BEARCATS RECOVERY COMMUNITY

PEER FINANCIAL COACHING

And much more!
Check out our schedule of events at campuslink.uc.edu/organization/student-wellness-center

HOW TO REQUEST A PRESENTATION

1. Log in on campuslink.uc.edu with your 6+2 username
2. Search “Student Wellness Center”
3. Scroll down the page to the “Forms” section.
4. Fill out the Student Wellness Center Presentation Request Form

Make sure to give at least two weeks notice for a presentation request

Presentations must start no later than 9pm

Must have at least 5 participants to conduct a presentation

WHEN REQUESTING, BE PREPARED WITH THE FOLLOWING INFORMATION:

- Presentation name
- Date and time
- Virtual or in-person preference
- Estimated attendance
- Your name and phone number
- Any special accommodations

When requesting, be prepared with the following information:

If you need to CANCEL your request, PLEASE contact us at wellcntr@ucmail.uc.edu at least 24 hours in advance.

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

**SOCIAL DETERMINANTS OF HEALTH 45-60 MIN**
Learn how the SDOH impact health outcomes and how you can contribute to health equity.

**STRESS MANAGEMENT**

**STRESS TABOO 45-60 MIN**
Take part in this exciting game to get information & tips on how to cope with stress during college and beyond.

**MANAGING STRESS USING YOUR ENNEAGRAM 45-60 MIN**
Explore your enneagram personality type and learn the best ways to de-stress based off your number!

**NUTRITION + FITNESS**

**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 and discover ways to cope along with resources that can help.

**ALCOHOL**

**BLAME IT ON THE ALCOHOL 45-60 MIN**
Learn about college alcohol consumption myths & facts, low-risk drinking tips, & more!

**FINANCIAL WELLNESS**

**SHOW ME THE MONEY 45-60 MIN**
Engage in an interactive workshop about financial stress, budgeting, saving, & credit cards.

**SEXUAL HEALTH**

**SEXUAL HEALTH JEOPARDY 45-60 MIN**
Test your sexual health knowledge by playing an enlightening and fun game of Jeopardy.

**SEXUAL VIOLENCE PREVENTION**

**BEARCAT BYSTANDER TRAINING 90 MIN**
Learn how to be an active bystander to promote a safer environment on our campus!

**HEALTHY RELATIONSHIPS 40-50 MIN**
Gain the knowledge and skills you need to foster healthy friendships & intimate relationships.

**GRADUATE/PROFESSIONAL**

**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.