**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.

**First Year Game Plan**
45-60 min.
Debunk First Year myths from the dreaded “Freshman 15” to the healthiest choices in the dining halls. Make your first year your best yet!

**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.

**Exam Cram**
45-60 min.
Get information & tips on managing stress, note taking, & how to prepare for your exams.

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

**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.

**Flourish**
45-60 min.
Learn positive ways to cope with everyday stress, such as meditation and mindful eating...yum!

**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, low risk drinking, & much more.

**Alcohol Taboo**
45-60 min.
Play Taboo while learning about BAL, alcohol safety, & how to Be Wise while drinking.

**Alcohol DEBUNKED!**
45-60 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.

**Financial Wellness**

**Financial Wellness Taboo**
45-60 min.
Find out about important financial wellness concepts & start saving some money!

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

**$how Me the Money**
45-60 min.
A discussion about financial stress, budgeting, saving, credit cards, & student loans.

**Sexual Health**

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

**Sexual Health Taboo**
45-60 min.
Learn about sexual health facts while playing Taboo, a word guessing game!

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

**Sexual Violence Prevention**

**Consent: A How to Guide**
45-60 min.
Learn what is consent is, how to ask for it, & how you can practice & promote consent every day!

**Bearcat Bystander Training**
2 hours.
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.

Visit uc.edu/wellness to see more program 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/wellness

How to Order a Program

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 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
• Technology/Equipment provided
• Accomodations

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

Program Menu

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

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