

# Peer Health Education Outreach

All Peer Health Education programs are informative and interactive.  
We encourage and support positive health decisions that will enhance the overall growth and development of our student body.

Main outreach programs run about 30-40 minutes.  
Grab Bag programs run about 15 minutes, and can easily be added onto the end of a meeting or gathering.

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<b>Women's Health:</b>	<b>The Truth About Women, Inside and Out</b> *Breast self exams, gyn exams, yeast infections, menstruation <b>PMS: It's Not Your Imagination!</b> (grab bag) *Take the PMS test and learn ways to cope with PMS—we'll bring the chocolate!
<b>Men's Health:</b>	<b>It's Up to us!</b> *Discuss respect, relationship issues, and communication <b>Health &amp; Wellness 101</b> *If you have basic health & wellness questions, this program is for you!
<b>Relationships:</b>	<b>Intimate Communications</b> *Long distance/local relationships, communication, STD's <b>AIDS Doesn't Discriminate</b> *HIV testing & Counseling, discuss the issues around HIV <b>Healthy Relationships 101</b> *Learn key pieces to a successful and healthy relationship.
<b>Body Image/Disordered Eating:</b>	<b>Monkey See, Monkey Do</b> *Interactive game show/talk show *Discuss the media's influence on self esteem and body image. <b>No BODY's Perfect</b> *How do self esteem and body image work together? <b>The Skinny on Fat</b> *Update your basic disordered eating knowledge and learn how to help a friend
<b>Stress Management/Relaxation:</b>	<b>Waiting to Exhale</b> *Stress management/relaxation—learn techniques that you can use daily <b>Intro to Yoga</b> *Learn some of the basic yoga postures for relaxation <b>The Science of Serenity</b> (Grab Bag) *Focused on one relaxation technique <b>Aromatherapy– The Ancient Art of Fragrance</b> (Grab Bag) *Using fragrance to help you relax
<b>Nutrition:</b>	<b>Nutrition ER (Eating Right)</b> *Serving size, MyPyramid, nutrients, healthy exercise <b>Decoding Your Dinner</b> (Grab bag) *How to read a food label– let's practice! <b>Tofu Turkey Talk</b> *Educate yourself on the ins and outs of vegetarianism <b>Conquering the Caffeine Craving</b> *Learn how to prevent caffeine addiction <b>Sodexo Jeopardy</b> *Learn how to eat well in the residence halls
<b>Body Art:</b>	<b>Navels, Nipples, Noses, OH MY!</b> *Body piercing done safely, risks, health concerns
<b>Alcohol Ed:</b>	<b>Absolut™ Awareness</b> *Safety issues, when to call 911, how to help a friend
<b>Stuff You Don't Want:</b>	<b>M &amp; M</b> *How your general wellness affects your risk of Meningitis
<b>Credit Card Debt:</b>	<b>The Power of Plastic</b> *Are you managing your finances well?
<b>Gambling Awareness:</b>	<b>You Bet Your Life</b> *Learn how to prevent gambling addiction
<b>Physical Activity:</b>	<b>Get Movin'</b> *how to fit basic physical activity into your day; stretching and work-out basics

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## Give us a call today!

