

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 .

Women's Health:	The Truth About Women: Inside and Out <ul style="list-style-type: none">* Slumber Party format (we bring the popcorn!)* Breast self exams, gyn exams, yeast infections, menstruation PMS– It's Not Your Imagination! (grab bag) <ul style="list-style-type: none">* We bring the chocolate!* Take the PMS test, learn ways to cope with PMS.
Men's Health:	It's Up to us! <ul style="list-style-type: none">* Discuss respect, relationship issues, and communication. Health & Wellness 101 <ul style="list-style-type: none">* Have basic health & wellness questions? This program is for you.
Relationships:	The Secret Epidemic <ul style="list-style-type: none">* Long distance/local relationships, communication, STD's AIDS Doesn't Discriminate <ul style="list-style-type: none">*HIV testing & Counseling, discuss the issues around HIV Healthy Relationships 101 <ul style="list-style-type: none">* Learn key pieces to a successful and healthy relationship.
Body Image/Disordered Eating:	Monkey See, Monkey Do <ul style="list-style-type: none">*Interactive game show/talk show* Discuss the media's influence on self esteem and body image. No BODY's Perfect <ul style="list-style-type: none">*How do self esteem and body image work together? Warning: Calista Flockhart May Be Hazardous to Your Health! <ul style="list-style-type: none">* Update your basic disordered eating knowledge as well as learn how to help a friend.
Stress Management/Relaxation:	Waiting to Exhale <ul style="list-style-type: none">* Bring your pillow!* Stress management/relaxation, learn techniques that you can use daily The Science of Serenity (Grab Bag) <ul style="list-style-type: none">* Focused on one relaxation technique Aromatherapy– The Ancient Art of Fragrance (Grab Bag) <ul style="list-style-type: none">* Using fragrance to help you relax
Nutrition:	ER (Eating Right) <ul style="list-style-type: none">* Serving size, MyPyramid, nutrients, healthy exercise* Play with the fake food! Decoding Your Dinner (Grab bag) <ul style="list-style-type: none">*How to read a food label– Let's practice!! Tofu Turkey Talk <ul style="list-style-type: none">*Educate yourself on the ins and outs of vegetarianism.
Body Art:	Navels, Nipples, Noses, OH MY!! <ul style="list-style-type: none">* Body piercing done safely, risks, health concerns* We'll bring "Pierceable Pat".
Alcohol Ed:	Absolut™ Awareness <ul style="list-style-type: none">*Safety issues, when to call 911, how to help a friend
Stuff You Don't Want:	M & M <ul style="list-style-type: none">*How your general wellness affects your risk of Meningitis
Credit Card Debt:	The Power of Plastic <ul style="list-style-type: none">*Are you managing your finances well?
Gambling Awareness:	You Bet Your Luck <ul style="list-style-type: none">*Learn how to prevent gambling addiction.

Give us a call today!

