

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**
Breast self exams, gyn exams, yeast infections, menstruation
PMS: It's Not Your Imagination! (Grab Bag)
Take the PMS test and learn ways to cope with PMS—we'll bring the chocolate!

Men's Health: **It's Up to Us!**
Discuss respect, relationship issues, and communication
Health & Wellness 101
If you have basic health & wellness questions, this program is for you!

Relationships: **AIDS Doesn't Discriminate**
HIV testing & Counseling, discuss the issues around HIV
Healthy Relationships 101
Learn key pieces to a successful and healthy relationship.

Body Image/Disordered Eating: **No BODY's Perfect**
How do self esteem and body image work together?

Stress Management/Relaxation: **Waiting to Exhale**
Stress management/relaxation—learn techniques that you can use daily
Intro to Yoga
Learn some of the basic yoga postures for relaxation
The Science of Serenity (Grab Bag)
Focused on one relaxation technique
Aromatherapy– The Ancient Art of Fragrance (Grab Bag)
Using fragrance to help you relax

Nutrition: **Nutrition ER (Eating Right)**
Serving size, MyPyramid, nutrients, healthy exercise
Decoding Your Dinner (Grab Bag)
How to read a food label– let's practice!
Tofu Turkey Talk
Educate yourself on the ins and outs of vegetarianism
Conquering the Caffeine Craving
Learn how to prevent caffeine addiction
Sodexo Jeopardy
Learn how to eat well in the residence halls

Alcohol Ed: **Absolut Awareness**
Safety issues, when to call 911, how to help a friend

Center for Health Education & Promotion
707 Building, First Floor
414-288-5217
healthyeagle@marquette.edu

Give us a call today!

