General Wellness

Wellness 101
From nutrition to sexual health to stress & more, learn how to stay healthy & happy during your college experience.

Wellness Taboo
Play the fun game of Taboo while learning important college health & wellness information & tips.

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

Stress Management

Stressed at Hogwarts
Even wizards get stressed! Get sorted into your house and talk about stress management based on your personality characteristics.

Exam Cram
Get information & tips on managing stress, note taking, & how to prepare for your exams.

Stress Taboo
Take part in this exciting game to get information & tips on stress.

Nutrition & Fitness

The Hunger Games
Debunk common nutrition myths & learn how to make good food choices in order to maintain a healthy lifestyle.

Nutrition & Fitness Taboo
Learn the basics of nutrition & fitness through a fun game of Taboo.

The Right Bite
Learn how to prepare healthier meals in your residence hall or apartment and discover how to get the most bang for your buck at the dining hall.

Mental Wellness

Maintain your Mental Wellness
Explore the spectrum of mental wellness while discovering ways to reduce barriers to seeking help.

Mental Health Jeopardy
Play Jeopardy & learn insightful & applicable information on mental health.

Flourish
Learn positive ways to cope with everyday stress, such as meditation and mindful eating...yum!

Alcohol

Blame it on the Alcohol
Learn about college alcohol consumption, low-risk drinking tips, & more!

Alcohol Jeopardy
Experience Jeopardy & learn about BAL, how alcohol affects your body, low risk drinking, & much more.

Alcohol Taboo
Play Taboo while learning about BAL, alcohol safety, & how to Be Wise while drinking.

Graduate/Professional

Graduate Student Wellness
From mental health to nutrition to financial wellness and more, we discuss how to stay healthy, happy, and productive during your graduate experience.

Flourishing Through Graduate Education
Learn about healthy coping skills and resources to balance your mental wellness.

Striving for Financial Wellness
From mental health to nutrition to financial wellness and more, we discuss how to stay healthy, happy, and productive during your graduate experience.

Visit uc.edu/wellness to see more presentation 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 Request a Presentation

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 presentation request
   - Presentations must start no later than 8pm
   - Must have at least 5 participants to conduct a presentation

When requesting, be prepared with the following information:
- Presentation 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.

Presentation Menu

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

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