

WHAT DOES THE STUDENT WELLNESS CENTER OFFER?

ENGAGING WELLNESS EVENTS SUCH AS UC LATE NIGHT PROGRAMS, MONTHLY HEALTH HUTS, AND STRESS LESS FEST BEFORE FINALS!

FREE PRODUCTS INCLUDING CONDOMS, LUBE, BAND AIDS, NAIL FILES, LIP BALM, AND MORE!

PRE-MADE BULLETIN BOARDS ON A VARIETY OF TOPICS INCLUDING SEXUAL HEALTH, ALCOHOL RISK REDUCTION, MENTAL HEALTH AND MORE!

NARCAN AND FENTANYL TEST STRIP TRAINING AND DISTRIBUTION

FREE HIV TESTING

GOTCHA COVERED CONDOM DISTRIBUTION PROGRAM

RELAXING STUDENT SPACE ON CAMPUS

PEER FINANCIAL COACHING

And much more!

Check out our [schedule of events on GetInvolvedUC](#) and follow us on [Instagram](#) for health and wellness tips!

HOW TO REQUEST A PRESENTATION

1. Log on the GetInvolvedUC with your 6+2 username
2. Search “**Student Wellness Center**”
3. Scroll down the page to the “**Forms**” section.
4. Fill out the **Student Wellness Center**

Presentation Request Form

- Make sure to give **at least two weeks** notice for a presentation request
- Presentations must start **no later than 9pm**
- Must have **at least 5** participants to conduct a presentation

WHEN REQUESTING, BE PREPARED WITH THE FOLLOWING INFORMATION:

- Presentation name
- Date and time
- Virtual or in-person preference
- Estimated attendance
- Your name and phone number
- Any special accommodations

If you need to CANCEL your request, PLEASE contact us at wellcntr@ucmail.uc.edu at least 24 hours in advance.



PRESENTATION MENU

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

480 STEGER STUDENT LIFE CENTER
(513) 556-6124
@UC_WELLNESS

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.

SWC OVERVIEW 30-45 MIN

A quick introduction to the center and all the resources available to students. Great for first year students but open to all!

SOCIAL DETERMINANTS OF HEALTH 60-90 MIN

Learn how the SDOH impact health outcomes and how you can contribute to health equity. Recommended for health related majors.

STRESS MANAGEMENT

STRESS LESS 45-60 MIN

Take part in this exciting game to get information & tips on how to cope with stress during college and beyond.

MAINTAINING YOUR MENTAL WELLNESS USING YOUR ZODIAC 45-60 MIN

Explore different ways to de-stress based off your sign. This engaging session blends lighthearted fun with practical skills!

NUTRITION + FITNESS

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 and discover ways to cope along with resources that can help.

ALCOHOL & OTHER DRUGS

BLAME IT ON THE ALCOHOL 45-60 MIN

Learn about college alcohol consumption myths & facts, low-risk drinking tips, & more!

NEW** NICOTINE & YOUR BODY 45-60 MIN

Discover the impacts of nicotine on your body, whether from smoking or vaping, and tips on quitting!

NARCAN & FENTANYL TEST STRIPS 45-60 MIN

Learn about harm reduction strategies for opioid overdoses, responding in an emergency, and obtain your own Narcan and FTS to save a life.

GRADUATE/PROFESSIONAL

MAINTAIN YOUR MENTAL WELLNESS IN GRAD SCHOOL 45-60 MIN

Learn about stress management, healthy coping skills and resources to balance your mental wellness in grad school.

SEXUAL HEALTH

SAFE SEX IS GREAT SEX 45-60 MIN

A great introduction to safe sex practices and the basics of sexual wellness. Recommended for first and second year students.

SEXUAL HEALTH JEOPARDY 45-60 MIN

Test your sexual health knowledge by playing an enlightening and fun game of Jeopardy. Our more advanced sexual health presentation, recommended for upperclassmen and older students.

FINANCIAL WELLNESS

MONEY MATTERS 45-60 MIN

Engage in an interactive workshop about financial stress, budgeting, saving, & credit cards.

VIOLENCE PREVENTION

HEALTHY RELATIONSHIPS 45-60 MIN

Gain the knowledge and skills you need to foster healthy friendships & intimate relationships.