

WHAT DOES THE STUDENT WELLNESS CENTER OFFER?

ENGAGING WELLNESS EVENTS SUCH AS UC LATE NIGHT PROGRAMS, MONTHLY EDUCATIONAL TABLINGS, 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 & CONFIDENTIAL HIV TESTING

GOTCHA COVERED CONDOM DISTRIBUTION PROGRAM

RELAXING STUDENT SPACE ON CAMPUS

And so 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 wellnesscenter@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

SWC Overview 30 mins

A quick introduction to the Student Wellness Center and all the resources available for Bearcats. Great for 1st year students but open to all!

Wellness 101 30-45 mins

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

Nutrition: Fueling Your Body Right! 45-60 mins

Learn how to fuel your body in a way that matters to you. Discuss the building blocks of nutrition, understand nutrition labels on food, & apply your new knowledge at the grocery store!

Money Matters 45-60 mins

Engage in an interactive workshop about financial stress, learning how to save, and building credit.

MENTAL WELLNESS

Maintain Your Mental Wellness 45-60 mins

Explore the spectrum of mental wellness and discover ways to cope along with resources that can help.

Maintain Your Mental Wellness in Grad School 45-60 mins

Learn about stress management, healthy coping skills, & resources to support your mental health while navigating the unique challenges of grad school.

Stress Less 45-60 mins

Learn about common college stressors and how to cope effectively. Includes a fun game!

SOCIAL WELLNESS

Safe Sex is Great Sex 45-60 mins

A great introduction to safer sex practices and the basics of sexual wellness. Recommended for 1st or 2nd year students.

Sexual Health Jeopardy 45-60 mins

Test your sexual health knowledge by playing an enlightening and fun game of jeopardy! Our more advanced sexual wellness presentations, recommended for upperclassmen and older students.

Healthy Relationships 45-60 mins

Gain the knowledge and skills you need to foster healthy relationships with family, friends, & partners. Explore how to navigate conflict with those we care about!

Green Dot 60-90 mins

This evidence-based curriculum focuses on creating a safer campus culture by including students, faculty, & staff in active bystander strategies. (This presentation is only delivered by certified professional staff).

ALCOHOL & OTHER DRUGS

Blame It on the Alcohol 45-60 mins

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

Cannabis 101 45-60 mins

Get the facts about cannabis! This presentation covers laws & policies relevant to students at UC, as well as the biological impacts of cannabis and stats on use on college campuses.

Nicotine & Your Body 45-60 mins

Discover the impacts of nicotine on your body whether from smoking or vaping, and tips & resources to help with quitting.

Narcan & Fentanyl Test Strips 45-60 mins

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

Custom presentations are available upon request!