

Health & Wellness Workshop Request

Host Information

Today's Date:	
Your Name:	
Phone #:	
Email:	

Workshop Information

Group presentation is for:	
Expected # in attendance:	
Proposed workshop date:	
Proposed time:	
Location of workshop:	
Alternate dates/times:	

Can You Provide the Following Equipment? (check all that apply)

- Laptop LCD projector Speakers

Choose a Topic: (circle one-description of workshops on the back) **All workshops are typically 1 hour in length**

Alcohol & Other Drugs	Wellness	Sexual Health	Nutrition
#Lit (Alcohol Awareness)	Self-Care	#Healthy Relationships	Eating for Energy
#DOPE (Cannabis)	Stress Management	Sex & Communication 101	Healthy Eating on a Budget
Faded 2.0 (Alcohol/Cannabis) Awareness & Harm Reduction	Time Management	Sexual Health Bingo	Positive Body Image
Prescription & Over-the-Counter Medication Abuse/Misuse	Financial Wellness	AIDS/HIV 101	Step Up UCI!
Emotional Well-being & Spiritual Wellness			
Behind Happy Faces	Vision & Purpose	Resilience & Gratitude	

Describe any other specific needs or requests for your presentation:

Initial that you accept the following responsibilities: _____

- Make your Healthy Tune-Up request at least two weeks before workshop date
- Get people there – A minimum of 12 participants are required at the start
- Communicate any changes in needs, logistics, or preferences for the workshop with your facilitator(s)
- Meet the facilitator(s) at the location 15 minutes prior to start time of workshop

To be completed by workshop facilitator:

Est. # in attendance _____

Alcohol & Other Drugs	Wellness	Sexual Health	Nutrition
<p>#Lit (Alcohol Awareness) This workshop provides tips on how to be smart & stay safe when you go out. You will learn practical tools to help out a friend if they have too much to drink. It also examines what UCI's drinking culture really looks like while dispelling common misconceptions about alcohol. 1 Hour Presenter(s): Ashlee Whitehead, Alcohol and Other Drugs Programs Manager and AOD Peer Educators</p>	<p>Stress Management & Self-Care Workshop Let's talk about stress and how to manage it with self-care techniques in this interactive workshop. During this workshop participants will get to experience some of these techniques. At the end of the workshop students are encouraged to create their own self-care plan. 1 Hour Presenter: Natalie D'Azzo, Wellness & Peer Program Manager & Wellness Peer Educators</p>	<p>#HealthyRelationships This interactive workshop explores healthy vs unhealthy relationships, sexual boundaries and consent. Scenarios will be presented for discussion and students are encouraged to ask questions (anonymously if preferred) 1 Hour Presenter: Beth England-Mackie, Sexual & Relationship Health Programs Manager & Sexual Health Peers</p>	<p>Eating for Energy This workshop focuses on how to optimize your diet for ultimate college success. This covers the basics of nutrition, how to increase your energy, caffeine and sugar warnings and the importance of eating breakfast. 1 Hour Presenter: Jody Margolis, Register Dietician & Peer Health Educators</p>
<p>#DOPE (Cannabis) This workshop will cover Federal, California, and UCI rules and regulations regarding adult cannabis use. 1 Hour Presenter(s): Ashlee Whitehead, Alcohol and Other Drugs Programs Manager and AOD Peer Educators</p>	<p>Mindful Meditation, Yoga & Deep Breathing for Stress Relief This is an experiential stress relief workshop which consists of a full 1 hour yoga class or a 25 minute chair yoga practice (gentle stretches while seated in a chair) with the focus on mindfulness and relaxation. Please email Natalie D'Azzo, ndazzo@uci.edu,</p>	<p>Sex and Communication 101 This workshop provides an overview of STDs, birth control options, consent and effective communication. Students will be presented with scenarios and asked to discuss healthy ways to communicate or help someone. 1 Hour Presenter: Beth England-Mackie & Sexual Health Peer Educators</p>	<p>Healthy Eating on a Budget This workshop focuses on how to choose healthy foods to sustain your energy throughout the day. It will also teach you how to shop for healthy foods and snacks that won't break your budget! A trip to the market can be requested. Presenter: Jody Margolis, RD and Peer Health Educators</p>
<p>Faded 2.0 (Alcohol/Cannabis Awareness and Harm Reduction) This workshop combines the highlights of our #Lit program and #Dope program along with harm reduction strategies. 1 Hour Presenter(s): Ashlee Whitehead, Alcohol and Other Drugs Programs Manager and AOD Peer Educators</p>	<p>Time Management Do you ever feel like there is not enough time in the day? This workshop provides tips and strategies to help make the most of the 24 hours in your day. 1 Hour Presenter: Natalie D'Azzo & Wellness Peer Educators</p>	<p>AIDs/HIV 101 This workshop focuses on the basics of HIV infection including transmission, prevalence, symptoms & the importance of HIV testing. An HIV+ speaker will share his/her personal story. 1 Hour Presenter: Beth England-Mackie, Sexual & Relationship Health Programs Manager & HIV Speaker</p>	<p>Positive Body Image This workshop offers information and discussion on positive body image. Learn how to appreciate your body-your partner for life! 1 Hour Presenter: Jody Margolis, Register Dietician</p>
<p>Prescription & Over-the-Counter Medication Abuse/Misuse This workshop will cover commonly misused/abused medications, current trends and how to recognize signs of abuse. 1 Hour Presenter: Ashlee Whitehead & AOD Peer Educators</p>	<p>Financial Wellness Workshop This interactive workshop discusses the basics of financial wellness and provides students with an opportunity to create a budget and set financial goals. (Based on the Smart 'Eaters Life Skills Series Spend Smart program that focuses on eating well on a student budget.) 1 Hour Natalie D'Azzo</p>	<p>Love Smart Jeopardy In a fun and interactive game of Jeopardy you will learn about birth control options, STIs, woman's reproductive health, men's reproductive health, first time myths, LGBTQI health. **More in-depth STI and Birth Control workshops available upon request</p>	<p>Step Up UCI! Bystander Intervention Program The Step Up UCI! Bystander Intervention Program is a workshop that educates students on the theories and research behind bystander behavior and why people often don't respond the way they want to. 1 - 1.5 hours Presenter: Doug Everhart, Director</p>
Emotional Well-being & Spiritual Wellness			
<p>Behind Happy Faces An interactive, peer-to-peer workshop. Better understand mental health. Learn effective coping strategies and tools. Be empowered to help a friend in crisis. Workshops are customizable and are available in 15-90 minute modules. 1 Hour Presenter: Emotional Well-being & Spiritual Wellness Manager, Behind Happy Faces Facilitators</p>	<p>Vision & Purpose* Vision created with intention is powerful. Discover your core values and learn to align them with your vision and goals in the context of your whole well-being. Draft your "why" statement and have a better understanding of your purpose. 1 Hour Presenter: Emotional Well-being & Spiritual Wellness Manager *Follow-up workshop (geared for up to 12 students)/individual consultation can include Vision Boarding/Goal-setting—inquire for more information.</p>	<p>Resilience & Gratitude Resilience is strength in the face of adversity/challenges. Learn why building resilience can help students reduce stress, promote well-being, and achieve goals. Discover how to use gratitude as a pathway to embody resilience. 1 Hour Presenter: Emotional Well-being & Spiritual Wellness Manager</p>	

To be completed by workshop facilitator:

Est. # in attendance _____