



Health Promotion Program Request



Use this form to request a program for your class or group.

When completed, please e-mail form to healthpromotion@uncw.edu, or mail it to Health Promotion, Box 5992, or fax it to ext. 27510. Health Promotion staff will get back to you within two week days. If you do not hear from us or have any questions, please call 962-4135.

Please complete all sections

REQUESTOR'S NAME: _____

REQUESTOR'S PHONE #: _____

EMAIL ADDR: _____

NAME OF GROUP: _____

PREFERRED DATE AND TIME OF PROGRAM: _____

2d PREFERRED DATE AND TIME OF PROGRAM: _____

LOCATION WHERE PROGRAM WILL BE HELD: _____

HOW MANY PEOPLE ARE EXPECTED TO ATTEND THIS PRESENTATION? _____

WHAT PROGRAM WOULD YOU LIKE HEALTH PROMOTION TO PROVIDE? _____

FOR OFFICE USE ONLY:

Name of Presenters: _____

of Participants: _____

Evaluations Completed __ Yes __ No

Comments/Concerns/Suggestions for Future Presenters: _____

Check Program Choice block beside program desired for presentation below:

Category	Prog. Choice	Title	Prog. length	Description
Nutrition	<input type="checkbox"/>	Nutrition Jeopardy	45-60 min	This seminar will cover the basics of a healthy diet - what to include, what to limit, and navigating your way through the Food Guide Pyramid. Attendees to this session will gain skills in meal planning and learn how to balance their diet to ensure they get the basic nutrients.
	<input type="checkbox"/>	Avoiding the Freshman 15	45-60 min	Who else eats like a college student? Pizza at 2 AM, skipping meals, only to overeat later, and, of course, that “all you care to eat” meal plan. Add a dash of stress and a pinch of emotion and you’ve got a recipe for weight gain. Come to this interactive workshop to learn how to eat healthy and make lifestyle choices which will keep you feeling good for a lifetime.
	<input type="checkbox"/>	Campus Dining Tour: Wagoner Dining Hall or any Dining Establishment	45 min	Having trouble choosing or finding healthy choices in the dining hall? Take a walk through Wagoner Dining Hall with the Campus Nutritionist or Health Promotion Peer Educators, where they will show you the top choices for the foundation of your diet!
	<input type="checkbox"/>	Are You Label Able?	45-60 min	Grocery shopping can be very confusing these days with so many different product choices! This seminar is designed to help you make shopping for groceries quick, simple, and fun. You will learn how to use the food label to help you select healthy foods, and learn some tips about how to avoid common pitfalls in grocery shopping.
	<input type="checkbox"/>	Tastes Great, Less Fat!	45-60 min	Trans, Monounsaturated, Polyunsaturated, and Saturated Fats...which ones should I consume and which ones should I avoid? This seminar will explain the different types of fats and why you need fat in your diet. Attendees will learn practical tools to help decrease harmful fats in their diet and still have lots of flavor!
	<input type="checkbox"/>	Your Fast Food Order!	45-60 min	A college lifestyle is very fast paced and sometimes we have to get food on the go! In this seminar you will learn about the calorie dense, nutrient poor choices at fast food restaurants and you will leave equipped with the knowledge to make healthier, more balance choices in a FLASH!
	<input type="checkbox"/>	Eating Mindfully	45-60 min	Are you stuck on the diet rollercoaster? Do you feel guilty about eating sometimes? This program will help you learn to recognize the signals of hunger and help reduce your desire to overeat. It will also address the typical causes of overeating and give you practical tools to help reduce your urge to splurge.
	<input type="checkbox"/>	Snack Healthy!	45-60 min	Are you a late night snacker? This interactive workshop will teach you the benefits of healthy snacking and give you some tips for those late night snack attacks!

Check Program Choice block beside program desired for presentation below:

Category	Prog. Choice	Title	Prog. length	Description
	<input type="checkbox"/>	Real Bodies	45-60 min	Frustrated with your body shape? Are you always comparing yourself to others and unrealistic media body images? This workshop is to help you feel better in your own body and to raise awareness of the unrealistic body image that our culture has bombarded us with daily. You will learn skills to increase body satisfaction and you will learn how to critically think through all the mixed media messages. This is an eye-opener to reality!!!
Seasonal Programs	<input type="checkbox"/>	Healthy Eating for the Holidays		Available upon request.
	<input type="checkbox"/>	Keeping Your New Year's Resolution		Available upon request.
Sexual Health	<input type="checkbox"/>	Condom Bingo [Limited to 45 people]	30-60 min	This is not your mother's Safer-Sex Workshop! This bingo-style question and answer game involves discussion regarding various sexual health issues such as contraception, STD's, sexual assault, and the importance of healthy sexual relationships.
	<input type="checkbox"/>	Sex on the Big Screen	45-60 min	Watch these scenes before doing the deed! Think you can't learn anything from your favorite movies and television shows? Think again! Enjoy hilarious "sex" scenes from Hollywood's top films and TV programs. Not only will you laugh your head off, you'll learn how to be sexually safer and smarter!
	<input type="checkbox"/>	Condom Line-Up	30 min	Participants learn the proper way to use a condom. This program is interactive, informative, and fun. A condom demonstration is also included.
General Health & Wellness	<input type="checkbox"/>	Sweet Dreams are Made of These: Simple Tips for Sounder Sleep	30-60 min	Sleeping can be quite a challenge for college students. Whether it's your roommate's snoring, the stack of homework on your desk, or the thumping from your neighbor's stereo, we have tips to help you tackle these disturbances and get a good night sleep.
	<input type="checkbox"/>	Who You Gonna Call? Stressbusters!!	30-60 min	Everyone experiences stressful times, but there are ways to effectively cope with life's ups and downs. This interactive workshop will reveal strategies and approaches to minimize life's stressors and manage the stress that's unavoidable
	<input type="checkbox"/>	Another Reason to get Healthy: Cancer Prevention	30-60 min	Need a reason to get moving, start eating better, or just get healthier? Discover how you can begin leading a healthier life!
	<input type="checkbox"/>	Bite the Bug Before it Bites You!	45-60 min	Illnesses like colds, the flu, and sore throats are hard to escape, especially when living in residence halls or an apartment. This interactive workshop focuses on basic nutrition and wellness practices in order to combat a cold, fight the flu, or simply boost one's immune system.
	<input type="checkbox"/>	Navels & Nipples & Noses – OH, MY!	45-60 min	This is a non-judgmental program designed to provide information on deciding if body are is the right choice for you. This interactive program includes information on choosing an artist, making personal choices, safety measures, tattoo designs, body location choices, aftercare information, and tattoo removal options.
	<input type="checkbox"/>	How TANTaLIESing!	45-60 min	Exposing the myths of tanning.

Category	Prog. Choice	Title	Prog. length	Description
Men's Health	<input type="checkbox"/>	Guy'd for Life Wednesdays, 5:30 p.m. Topsail Island Room (FSC) Starting September 19	30-60 min	This workshop increases participant's knowledge and understanding of common health issues concerning college men such as testicular cancer, nutrition, and other general wellness topics. This program focuses on reducing disease, injury, and death as well as introducing and discussing health-promoting behaviors
Women's Health	<input type="checkbox"/>	Women's Seminar	45-60 min	This seminar provides participants with an accurate perspective and understanding of women's sexual health, an increased knowledge of a female physical exam (pap smear), contraceptive choices, essential sexually transmitted infections/diseases information, and how to take responsibility for one's own sexual health.
Other Programs you'd like to have but is not listed?	<input type="checkbox"/>	Briefly describe for us what you need.		<hr/> <hr/> <hr/> <hr/> <hr/>



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