

# HEALTH PROMOTION PROGRAM MENU

[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

## SLEEPING & NAPPING



### FLASH NAP WORKSHOP

(Facilitated Activity: 1 hour)

This workshop teaches the steps to intentional, efficient and effective napping. Includes Flash Nap mask and cue card.

## STRESS RESILIENCE & THRIVE STRATEGIES



### STRESS RESILIENCE BASIC- SCIENCE AND LEARNING

(Facilitated Teaching, Discussion, & Activity:  
45 - 90 minutes)

Discussion of the science of stress resilience related to learning and thriving. Students identify their stressors and explore creative responses that actually work. Goal: know how to live off balance, on purpose.

### KORU MEDITATION SAMPLER

(Facilitated Teaching & Activity: 50-60  
minutes)

This sampler offers students a chance to learn and practice various evidence-based forms of mindfulness meditation techniques. During this short session, students will discover which meditation practices intrigue them and suit their resilience style best. Skills previewed include Breath Awareness, Dynamic Breathing, Walking Meditation, and Loving Kindness.

### TASTE OF MINDFULNESS

(Practice: 15-30 minutes)

Students will experience mindfulness by engaging the 5 senses through a guided practice of eating with awareness.

## MINDFUL MEETINGS

(Facilitated Practice: 5-40 minutes)

Student and staff groups can request Health Promotion to bring some mindfulness to group meetings, retreats or trainings. We offer settling in/settling out practices, brief meditations, and a variety of other mindfulness activities that keep participants engaged

## WELLBEING BINGO

(Game-Based Activity: 30-45 minutes)

Students play BINGO to discover new and surprising resilience elements and win prizes.

## MAT OR CHAIR YOGA

(Yoga instructor taught class: 45-60 minutes)

Yoga is proven to increase mental and physical wellbeing. Students will experience the benefits of yoga which include building strength and becoming more flexible.

## FITNESS & MOVEMENT



### FITNESS & NUTRITION JEOPARDY

(Facilitated Activity: 45 minutes- 1 hour)

Students' knowledge is put to the test in a lively, interACTIVE game of Jeopardy! Instead of wagering dollars, students wager with fitness moves!

## FOOD, NUTRITION & COOKING



### COOKING WORKSHOP (\$)

(Facilitated Workshop: 2 hours,  
10-12 student maximum)

Students enjoy instruction from a professional chef as they actively learn how to cut, chop, cook and EAT a delicious and health-promoting meal.

### HEALTHY EATING ON CAMPUS

(Facilitated Discussion: 45 minutes)

Schedule a presentation with our Nutrition Navigators to learn about different meal options on campus and how to build a smart plate! Students will discuss current meal choices and develop a list of new "healthy" meals to try on campus.

# SEXUAL HEALTH & RELATIONSHIPS



## SEX ED BUFFET

(Multiple 5-10 minute stations, 20 minutes - 2 hours total)

Choose 3-6 "appetizers" from our menu of options to tailor your own unique program.

Menu options include:

- Consent 101
- HPV: Know the Facts
- Negotiating Condom Use
- Masturbation: The Safest Sex
- Caring For Your Parts: Inside and Out
- Condom Demonstrations: Internal & External
- Getting Tested & HPV Vaccinations on Campus

## THE CONSENT CONVERSATION

(Facilitated Discussion and Activity: 1 hour)

During this interactive workshop, we discuss the various aspects of consent, and practice skills involved in asking for and giving consent to a partner.

## CONDOMS & CANDY

(Facilitated Discussion and Activity: 1 hour)

Questions are answered with honesty and humor by a trained sexuality educator while students eat candy and leave with free condoms- as well as lots of helpful information.

## SAFER SEX

(Facilitated Discussion and Activity: 1 hour)

Through lively activities and discussions, learn all about prevention, testing and treatment of STIs (Sexually Transmitted Infections). This workshop provides examples of safer sex supplies so that you can see all the options!

## SEX TALK

(Facilitated Discussion and Activity: 1 hour)

This workshop uses fun activities designed so that you leave feeling comfortable talking about topics often considered taboo!

## ALL ABOUT THE VULVA

(Facilitated Discussion and Activity: 1 hour)

This workshop examines one's capacity for pleasure, offering a new model to view this essential aspect of one's body using a sex-positive, shame-free framework. Empower yourself to explore new ways to boost your sexual well-being from learning about your body and how to properly take care of your parts to expressing your 'wants' and 'won'ts' with a partner.

# ROCK THE BIKE SMOOTHIE DEMO AND TASTING (\$)

Students will learn how to make a nutrient dense smoothie while blending it with their own pedaling power! Request Rock the Bike for your next event on campus.

# ALCOHOL & OTHER SUBSTANCES



## BRICC COALITION CUSTOM PROGRAMMING

We incorporate your organization leaders as part of our facilitator team, provide informative resources, and help you evaluate using measurable Student Learning Outcomes.

(Facilitated Activity: 30 minutes - 1 hour)

Themes available: Halloween, Spring Break, Finals, Res Halls & more!

Choose 3-5 menu items:

- Increasing Medical Amnesty Law awareness
- Identifying strategies to prevent high-risk drinking
- Making more informed choices that impact people
- Identifying a standard drink vs. improperly poured drink
- Creating an inclusive environment when alcohol is present
- Keeping friends safe & being supportive when alcohol is present
- Recognizing signs & symptoms of alcohol & substance poisoning

## TRAINING FOR INTERVENTION PROCEDURES (TIPS)

(Certification: 4 hours)

This certification is beneficial for students that are in charge of planning events, serving as RAs, risk management chairs, executive boards and leadership positions.

- Programs and workshops provided by Health Promotion Wellbeing Central are interactive and engaging.
- All programs are delivered in a critical thinking framework and include measurable Student Learning Outcomes (SLOs) associated with building resilience and wellbeing to support academic success.
- (\$) indicates fee for a program or workshop. Fees are negotiable. Details provided when you submit a Program Request.



These programs contribute to your Connectedness with self, others and natural environment.

*Don't see what you're looking for? We'd love to hear your program idea or suggestions!*

*Call us at 502-852-5429 or e-mail [healthpromo@gmail.com](mailto:healthpromo@gmail.com)*