

HEALTH PROMOTION PROGRAM MENU

louisville.edu/healthpromotion

SLEEPING & NAPPING

FLASH NAP WORKSHOP

Facilitated Activity (in-person or virtual): 50-60 minutes

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

STRESS RESILIENCE

STRESS RESILIENCE BASICS

Facilitated Teaching, Discussion, & Activity (in-person or virtual): 45 - 90 minutes

Discussion of the science of stress related to learning and thriving. Students identify their stressors and explore creative responses that actually work. Student will learn techniques to actively build their resilience.

KORU MEDITATION SAMPLER

Facilitated Teaching & Activity (in-person or virtual): 50-60 minutes

This sampler offers students, faculty and staff the opportunity to practice a selection of evidence-based mindfulness meditation techniques. By the end of the program, participants will get a taste of what a meditation practice could offer if practiced regularly. Skills include: Breath awareness (belly breathing), dynamic breathing, walking meditation, chair yoga, and Loving Kindness.

MAT OR CHAIR YOGA

Yoga instructor taught class (in-person or virtual): 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.

WELLBEING BINGO

Game-Based Activity (in-person): 30-45 minutes
Students play BINGO to practice new and surprising resilience techniques, discover resources on campus, and win prizes.

MINDFUL MEETINGS

Facilitated Practice (in-person or virtual): 5-30 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

TASTE OF MINDFULNESS

Facilitated Practice (in-person): 15-30 minutes

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

FITNESS & MOVEMENT

FITNESS & NUTRITION JEOPARDY

Facilitated Activity (in-person): 45-60 minutes

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

FITNESS & MOVEMENT ON CAMPUS

Facilitated Teaching & Practice (in-person or virtual): 40-50 minutes

Learn how physical activity benefits whole person well-being: body, mind and spirit. We will discuss ways to incorporate movement into busy schedules and how to sustain a fitness regimen. Participants will practice chair yoga and learn about fitness resources available on campus

FOOD, NUTRITION & COOKING

COOKING WORKSHOP (\$)

Facilitated Workshop (in-person): 2 hours, 10-12 students

Enjoy instruction from the campus dietitian as they actively learn how to cut, chop, cook and EAT a delicious and health-promoting meal at the Phoenix House.

MOBILE TEACHING KITCHEN (\$)

Facilitated workshop (in-person): 2 hours, 8 students max

Students learn how to cook an affordable, nutrient dense meal! The registered dietitian comes to you with our mobile kitchen to teach knife skills, food safety, and cooking technique!

SEXUAL HEALTH & RELATIONSHIPS

SEX ED BUFFET

Multiple 5-10 minute stations (in-person)
Choose 3-6 stations from our menu of options to tailor your own unique program. Station options include:

- Consent 101
- Understanding Sexuality
- 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 (in-person or virtual): 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 (in-person): 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 (in-person or virtual): 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 (in-person): 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: (in-person) 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.

HEALTHY EATING ON CAMPUS

Facilitated Discussion (in-person or virtual): 45 minutes

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

SMOOTHIE BIKE DEMO & 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

Choose a timeframe and select one or more programs to complete your event:

- 30 minutes (1-3 menu items)
- 45 minutes (4-5 menu items)
- 1 hour (5 menu items)

Select from the following program offerings to create your custom event:

- Reducing High Risk Drinking and Inclusive Thinking (30 minutes)
- Don't Drink? Don't Worry (10 minutes)
- Helping Your Friends (10 minutes)
- What is a Standard Drink Size and Why it Matters (10 minutes)
- Warning Signs of Alcohol Poisoning (10 minutes)
- Understanding Medical Amnesty (10 minutes)

TRAINING FOR INTERVENTION PROCEDURES (TIPS)

(Certification: 3 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.

Request a program at www.louisville.edu/bricc

- **(\$)** 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?

Call us at 502-852-5429 or e-mail hlthed@louisville.edu