All Health Education Staff maintain confidentiality. Students can feel comfortable discussing personal, delicate and critical issues here and also get general health information.

Monday thru Friday - 8 a.m. to 4 p.m.  
LOCATION: Potter Building Lower Level

Health Educators:  
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Do you want to know more about a specific health topic?  
Visit our Website: uri.edu/health, click on Health Ed  
Call 874-5954    Fax 874-4773

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URI’s Healthy Campus

URI Health Education

Fall 2015
WELCOME TO HEALTH EDUCATION

Mission
Health Education is designed to be an integral part of the campus community by providing health awareness and promotion as well as education and health interventions that maximize individuals' wellness and community health.

WELLNESS CLASSES:

CSV 302-0018 Class #6151 "HEALTH & BEHAVIOR CHANGE - WHAT EVERY BODY NEEDS" 1 credit course that addresses the top ten health issues that affect students and ways to enhance your college performance. Students will be given the opportunity to bring peer education to the campus community relating to healthy lifestyles. Meets Mondays, 1-2 p.m. @ Potter Bldg., Lower Level, Room 6

CSV 302-0017 Class #4788 "SENSE & SEXUALITY" 1 credit course. Sexuality resource for college students through peer advocacy for healthy sex. This class will explore sexual attitudes and risk factors for college students in a "Hooked-Up" culture. Meets Tuesdays, 3-4 p.m. @ Potter Bldg., Room 3

CSV302-0014 Class #4512 "STRESS REDUCTION FOR A HEALTHIER LIFE" 1 credit course. Learn Meditation and Stress Reduction techniques. Meets Mondays 4-5 p.m. @ Potter Bldg., Room 6 Offered Spring 2016 semester

TOBACCO: HOW TO QUIT
Ready, Set, Quit - We are here to help, through individual or group counseling, to ensure the greatest success. Check out our nicotine link at: uri.edu/health, click on Health Education

Visit us on FACEBOOK and URI Today!