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.

SERVICES, WORKSHOPS & ONE-to-ONE SESSIONS
Call 874-5954

WELLNESS
♦ Satellite Wellness Clinic
♦ Cold/Flu/Allergies Self-Care
♦ Stress Management Workshops
♦ Resource Library
♦ Endless Abilities
♦ Body Art

DESIGNER DRUGS
♦ Molly, GHB, Ketamine, Spice, K2, Bath Salts
♦ Addictions

CPR/FIRST AID
♦ American Heart Association

SPECIAL EVENTS
SEPTEMBER
9/13 Party Smarts/Bystander Intervention
9/20 Student Involvement Fair
9/27 Beyond the Buzz

OCTOBER
10/4 Screen Addiction
10/11 Healthy Eating
10/18 STIs/Sexual Health
10/25 Body Image

DECEMBER
12/6 Stress Relief

SURVIVE THE WEEKEND!
Make it a night to remember, not one to forget. Protect yourself and your friends. Topics include, but are not limited to: drug facilitated sexual assault, bystander intervention, popular drugs used today, and much more. Call to schedule a workshop in ANY residence hall, sorority, fraternity or classroom. Call Roger, RN, 874-5154.
Via email: roger@uri.edu

WHAT ABOUT YOUR SEXUALITY?
Sexuality is a healthy and natural aspect of who we are. Sexuality is expressed in many ways and can produce a wide range of emotions & questions having to do with relationships, boundaries, values, communication, birth control options, sexually transmitted infections and much more! Health Ed provides individual counseling or workshops in any residence hall, sorority, fraternity or classroom.

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!

WELLNESS CLASSES:
CSV 302-0018 Class #5087 “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

CPR/FIRST AID
Classes are certified by the American Heart Association. Call 874-5954. For more information and class schedule go to: uri.edu/health

NUTRITION
♦ Individual Nutrition Counseling
♦ Nutrition Workshops:
   ♦ Eating Healthy
   ♦ Body Image
   ♦ Eating Problems
   ♦ Eating Healthy in Dining Halls
   ♦ Supplements
   ♦ Mindful Eating

RELATIONSHIPS & SEXUAL RESPONSIBILITY
♦ Sexual Decision Making
♦ Birth Control
♦ STI & Pregnancy Counseling

FALL 2017
WELLNESS CLINICS

WEDNESDAYS 11:30 A.M. - 1:30 P.M.
MU – Memorial Union Booth 3

SEPTEMBER
9/13 Party Smarts/Bystander Intervention
9/20 Student Involvement Fair
9/27 Beyond the Buzz

NOVEMBER
11/1 Organ Donor
11/8 Flu Prevention
11/15 Sleep
11/29 Mind, Body, Balance

DECEMBER
12/6 Stress Relief Day – MU, Union Square

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NUTRITION
Individual counseling sessions are available. Workshops on topics such as healthy eating, weight management, disordered eating, body image, vegetarian diets, sports nutrition and other topics on request. Contact Sue Ash at 874-5951 via email: sueash@uri.edu
To make an appointment online, go to: uri.edu/health, click on Health Education