

## 2009-2010 Integrated Health Promotion Order-In Programs

### Body Image & Intuitive Eating – Stop the Diet Cycle

This presentation addresses the connection between self image and one's relationship with food. Learn how to incorporate the principles of intuitive eating to form a healthy relationship with food and end the need to diet.

### Body Mass Index and Beyond

What is the Body Mass Index and how do I use it to guide me towards a healthier lifestyle? Explore the BMI, ht/wt, healthy nutrition and finding a comfortable body weight.

### Career Exploration with DISCOVER

This program will provide information about career exploration and decision-making, including factors to consider and resources to use. Students will learn about and gain access to DISCOVER, a computer-assisted career development program, which they can use to make career and educational decisions.

### Communication/Conflict Resolution

This presentation looks at elements of healthy relationships and how communication and the ability to resolve conflicts with roommates or others is a vital component.

### Depression and Suicide Awareness

This presentation will discuss signs and symptoms of depression and suicide and provide students with information about how to get help for themselves or someone else. The presentation will include a showing of the DVD, "The Truth about Suicide: Real Stories of Depression in College. "

### Eating Disorders, Cause, Prevention and Treatment...One Woman's Story

Eating Disorder updates, research and evidenced based practices are presented along with insight on individualized treatment and nutrition. This presentation is recommended for classes that address counseling or health sciences.

### Healthy Eating on a College Budget

Have a tight budget and limited storage? Need some ideas on quick and easy meals or snacks? This presentation explores healthy eating and nutrition basics, strategies to improve your current intake and will help any student get on track with good nutrition by following some simple, easy steps.

### Let's talk about sex....safer sex that is...

This popular presentation discusses abstinence, safer sex and proper condom use while showing funny clips from movies and tv and encouraging participation and questions from the audience.

### Managing College Stress

This presentation examines the stressors of college life and offers concrete strategies for its management using a wellness perspective.

What all students should know about high-risk drinking

This workshop offers a harm reduction approach to alcohol education while discussing alcohol basics and policies, social norms myths and facts, skill building, and alcohol poisoning. It is a good refresher for any college student.

Wellness 101

This presentation offers an overview of ways to practice wellness while at WSU. After a brief health quiz, the audience learns about Health Services, the fitness center, intramurals, counseling center, health promotion, and local recreational activities in Winona. A sneak peak of the new integrated wellness complex is shown too! A good introduction for first year students!

Special Requests/Other... Programs can be specifically tailored for your needs. Please call Health Promotion at 507-457-5619 or email [kmclintick@winona.edu](mailto:kmclintick@winona.edu) to discuss your request. Please give us at least 2 weeks notice to develop a special program for you.