Presentations and descriptions

These presentations are prepared and available. Other topics may be requested and will require preparation time.

**Balancing your Life**

We bring the "Wellness Wheel" to life in this program as audience members will be put to the test after the presentation! Participants will explore 7 aspects of wellness and the importance of each for life balance. At the end of the presentation, active participants will analyze their own wellness wheel for areas of abundance and areas that can be improved. Participants will develop goals and action plans to use to achieve life balance. Along with this, participants will also be able to:

- Identify stress reduction techniques.
- Recognize signs of emotional, social, physical, financial, intellectual, spiritual and occupational wellness.

**Body Image 101**

At the conclusion of the presentation, participants will be able to:

- Define body image; negative and positive.
- Recognize factors that contribute to body image development.
- Identify ways to improve body image.
- Describe when and where to seek help for body image issues.

**Breast Cancer**

This presentation is for women and men as both are affected by breast cancer. The audience will learn breast cancer facts and statistics and also how to help a friend or family member who has been diagnosed with cancer. The objectives of this presentation include:

- Defining breast cancer.
- Recognizing the different types/stages.
- Identifying modifiable risk factors.
- Discussing methods of controlling risk factors.
- Reviewing screening recommendations.
- Discovering new treatment methods.

**Contraception 101**

During this presentation, participants will compare the types of contraception by discussing the pros and cons of each. The presenter will bring models to allow participants to get a better look at different types of contraception and participants will be able to ask questions about contraceptive options. At the conclusion of the presentation, participants will be able to:

- Determine what type of contraception might work better for their body.
- Identify where to obtain contraception and what is involved with that appointment.

**Eating Disorders Awareness**

At the conclusion of the presentation, participants will be able to:

- Identify the signs & symptoms of an eating disorder,
- Recall treatment options and where to go for help, and
- Explain how to help a friend with eating disorder symptoms.
Eating Well on Campus

At the conclusion of the presentation, participants will be able to:

- Name common nutrition challenges college students face,
- Identify practical strategies to improve nutritional choices, and

Fad Dieting

At the conclusion of the presentation, participants will be able to:

- Name common characteristics of fad diets and potential nutrition implications.
- Discuss healthy weight management strategies based on current evidence-based recommendations.

Food and Fitness

At the conclusion of the presentation, participants will be able to:

- Describe current recommendations for physical fitness.
- Identify practical ways to improve individual fitness.
- Examine basic nutrition guidelines to fuel fitness.

Healthy Relationships

For many students, the opportunity to pursue new friendships, partnerships and romantic relationships is one of the most exciting parts of being in college! These relationship experiences should be positive and enhancing to one’s self-esteem. However sometimes students may find themselves in relationships that make them unhappy, compromise self-esteem, and involve conflict. This program seeks to help students build healthier relationships by:

- Assisting students in clarifying their values and self-esteem.
- Providing strategies and techniques in conflict resolution
- Developing communication skills by examining expectations in relationships (including family history, media messages, religious/cultural expectations).

Let’s Talk about Sex

If you’re looking for a presentation that provides an overview of some sexual health highlights, then this is the presentation for you! Students have the opportunity to:

- Explore what their sexual values are and how to effectively and safely express them.
- Identify ways in which their environments (campus, media, peers, etc.) have contributed to their behaviors, ideas and values of sexual health.
- Strengthen their sexual health awareness and self-confidence for healthy decision making.

Maintaining a Healthy Weight

During this presentation, the audience will determine their own “healthy weight” as it is unique for everyone. This interactive program is designed to help individuals explore their metabolic needs and to discover what it takes to maintain a healthy lifestyle through diet, exercise, stress management and life balance. Because this presentation focuses on many different facets of maintaining a healthy weight, it is lengthier than some of the other programs. If you would prefer a shorter version, please clarify this on the request form. At the conclusion of this presentation participants will be able to:

- Identify the key issues associated with being overweight or obese.
- Define total energy expenditure and discuss the factors that influence total energy expenditure.
- Discuss prevention methods as well as treatment methods.
**Media and Body Image**

At the conclusion of the presentation, participants will be able to:

- Identify factors in the media which influence body image.
- Recall facts about the media’s distortion of ‘the norm’ in regards to body variations.
- Discuss ways to counteract media messages to achieve a more positive body image.

**Staying Healthy: Tips on preventing illness**

The common cold, the flu and strep throat are all illnesses doctors see a lot of throughout the year. This presentation covers the basics on how to prevent illnesses such as these and what to do if you get sick. Participants will be able to:

- List at least three illness prevention methods.
- Identify where to go for vaccinations and treatment of illnesses.

**STIs 101**

This presentation provides a general overview of a variety of sexually transmitted infections (STIs) including signs and symptoms, diagnosis, treatment and most importantly prevention! Students will:

- Learn about and identify the most common STIs that affect college students
- Be able to identify risk reduction strategies
- Be able to provide tips for talking with partner(s) about safer sex

**Stress and Nutrition**

At the conclusion of the presentation, participants will be able to:

- Describe the interaction between lifestyle stressors and nutrition.
- Identify steps to improve nutritional habits to manage stress more effectively.

**Women’s Health**

From menstrual cramps to heart disease, we cover almost every nagging pain and ailment that women could have in this colorful presentation! This program usually stirs up some much needed discussion and offers a venue where questions that women may not want to ask their physician may be answered. At the conclusion of the presentation, participants will be able to:

- Identify health risk factors for cardiovascular disease, cancer, osteoporosis and diabetes.
- Name current screening recommendations for women.
- Describe prevention techniques.