**beWELL – Menu of Presentations**

**WELLaware**

**Do You Remember What You Did Last Night? | 60 minutes**
This presentation identifies K-State's current drug and alcohol use statistics and explores the dangers of alcohol and drug use. The audience will leave with the skills and resources to party... responsibly.

**eatWELL**

**A College Student’s Guide to Eating Healthy | 60 minutes**
College life comes with unique barriers to making healthy food choices. This presentation teaches the audience the skills to identify and break down those barriers because a well-nourished student = a successful student.

**Shopping Overhaul: A Virtual Grocery Store Tour | 60 minutes**
Breaking down the store layout, making healthy choices, tips to save money and more... this presentation takes the audience on a virtual grocery store tour.

**The Basics of Food Safety | 60 minutes**
Foodborne illnesses can be a deadly threat if the necessary precautions aren’t taken in the kitchen. This presentation will equip the audience with the basics of handling, preparing, and storing food safely.

**loveWELL**

**Let’s Talk About Sex! | 60 minutes**
Focusing on identifying risky sexual behaviors while exploring safe sex practices... this presentation is anything but boring! Audience members will apply their skills in hands-on demonstrations and participate in a learning activity.

**Love It or Leave It | 60 minutes**
What’s the magic ingredient to a healthy relationship? This presentation explores good and bad behaviors in short- and long-term relationships and offers resources for those who may need support.

**Love Your Body | 60 minutes**
There are many factors that lead to negative body image. An exploration into both positive and negative body image, this presentation touches on the dangers of eating disorders and offers tips for increasing body positivity.

**liveWELL**

**Balancing Life | 60 minutes**
We bring the “Wellness Wheel” to life in this presentation, as we explore eight aspects of wellness and the importance of each for overall life balance.

**De-Stress for Success | 45 minutes**
Assignments, exams, bills, jobs... it’s no secret that college students are STRESSED. This presentation explores the consequences of too much stress on the human body and explores proven methods of de-stress techniques.

**Say “NO!” to All-Nighters | 45 minutes**
It’s nothing to brag about... poor sleep habits have serious consequences. This presentation identifies the danger of sleep deprivation and explores proper sleep habits.

**First Aid | 45 minutes**
This presentation will prepare you with the critical skills to respond to and manage an emergency in the first few minutes.

**Healthy Housing for Students in Off-Campus Rentals | 60 minutes**
Off-campus renters must know their rights in order to advocate for themselves. This presentation will explore those rights while providing resources for handling necessary repairs, safety concerns, and other issues.

**Mind Your Mental Health | 60 minutes**
Our mental health affects how we handle stress, relate to one another, and make decisions, and is vital to our overall health and well-being. This presentation equips the audience with the tools to foster a healthy mind.

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**LAFENE HEALTH CENTER**

**Request a presentation today!**

[www.ksu.edu/lafene/wellcat_ambassadors](http://www.ksu.edu/lafene/wellcat_ambassadors)