The document is a menu of presentations. Here is the natural text:

**drinkWELL**

**Do You Remember What You Did Last Night? | 60 minutes**
It’s no secret that drinking rates are highest on college campuses. A national survey recently stated that almost 60% of college students ages 18-22 drank alcohol in the past month (NSDUH, 2014). This presentation explores the dangers of alcohol use and provides the audience with the skills and resources to drink responsibly.

**eatWELL**

**Nutrition: The Facts | 60 minutes**
MyPlate, obesity and disease, nutrition facts label, and the dangers of fad dieting... this presentation covers it all! The audience will leave with the tools to ditch dieting for good and make healthy eating part of a lifestyle.

**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 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.

**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.

**liveWELL**

**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.

**Balancing Your 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. With a short meditation activity to conclude, audience members will leave feeling refreshed and rejuvenated!

**Illness Prevention | 30 minutes**
This presentation covers the basics on preventing illnesses and what to do if you DO get sick.

**Physical Activity and Academic Success | 30 minutes**
How does physical activity relate to academic success? This presentation will get the audience up and moving to help prove that exercise can improve mood and brain function.

**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.

**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 and storing food safely.

**INTERVEEn | 60 minutes**
What makes bystanders more or less likely to intervene when someone is in trouble? This presentation prepares the audience to safely take a stand in a variety of situations, including sexual assault and alcohol emergencies.

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