

P.H.E.W. Fall 2009

Peer Health Education Workshops

Location: Health Building Room 208, Time: 12:00 – 1:00 pm

Date	Title
Tuesday, 9/8	Let's Talk About Sex! <i>Discuss ways to communicate about sex and what works best for you.</i>
Wednesday, 9/9	Nutrition 101 <i>A step-by-step nutrition guide to eating for better energy, concentration, and overall health.</i>
Thursday, 9/10	Alcohol 101 <i>Learn the basics about alcohol: myths & facts, alcohol effects and more.</i>
Tuesday, 9/15	The ABCs of STIs <i>Find out what sexually transmitted infections are and how they can affect you!</i>
Tuesday, 9/29	Milk or Muscle Milk? <i>What really fuels your workout and builds your bones? Learn more about protein, calcium and lactose intolerance.</i>
Tuesday, 10/6	KISS (Keepin' It Safer and Sexier) <i>Learn about birth control methods.</i>
Wednesday, 10/7	Crash Diets <i>What have you tried to lose weight? Explore weight loss-, what works, what doesn't, and what to avoid.</i>
Tuesday, 10/13	Domestic Violence Awareness Week / Clothesline Project Workshop series facilitated by Wellness & Health Promotion, Women's Resource Center, Men Creating Change, and SAVE Intimate Partner Violence <i>Love should not hurt! Healthy relationships really do exist. Come learn what the warning signs are of a bad relationship and what resources are available for those who feel trapped in one.</i>
Wednesday, 10/14	
Thursday, 10/15	
Tuesday, 10/20	Happiness & Food <i>Learn more about the connection between food and mood, and how to eat happy food.</i>
Wednesday, 10/21	Alcohol 101 <i>Learn the basics about alcohol: myths & facts, alcohol effects and more.</i>
Thursday, 10/22	Breast Cancer Awareness <i>Learn about how breast cancer can affect men and women.</i>
Tuesday, 10/27	Stressin' Out... <i>Discover how stress affects your body and what you can do about it.</i>
Tuesday, 11/17	Uppers, Downers, and All Arounders <i>Learn the basics about the different classes of drugs.</i>
Wednesday, 11/18	Ins and Outs of Eating at SJSU <i>Discover how to find foods on campus that help you look and feel good!</i>

Student Health Center

www.sjsu.edu/studenthealth

SJSU Wellness

www.sjsu.edu/wellness

Classes will fill to capacity. Please arrive at least **15 minutes early** to increase your odds of getting a seat in the class.

If you have any questions, please email or call Vikki at mcervan1@email.sjsu.edu or (408) 924-6280.



STUDENT HEALTH CENTER
Wellness and Health Promotion