

Wellness & Health Promotion Presentation REQUEST FORM

HOST'S INFO		WORKSHOP INFO	
Today's Date:		Group/Class that this presentation is for and if class the 5 digit course code:	
Your name:		Time that group usually meets (if applicable):	
Phone #:		Expected # in attendance:	
Cell #:		Proposed workshop date:	
Email:		Proposed <u>START</u> time:	Proposed <u>END</u> time:
Mailing Address:		Location of workshop:	
		Alternative dates/times for workshop:	

CUSTOMIZE YOUR WORKSHOP!

√ Check off the main topic you would like the presentation to cover.

√ If topic you'd like covered isn't listed, please write in the specific topic you'd like presented.

MAIN TOPICS	<input type="checkbox"/> STRESS	<input type="checkbox"/> CHRONIC DISEASES	<input type="checkbox"/> SEXUAL HEALTH	<input type="checkbox"/> NUTRITION	<input type="checkbox"/> ALCOHOL, TOBACCO, & OTHER DRUGS	<input type="checkbox"/> BODY IMAGE	<input type="checkbox"/> VIOLENCE PREVENTION	<input type="checkbox"/> STRENGTHS-QUEST
For more info	Melinda Chu-Yang, 924-6203, HB 212			Jennifer Waldrop, 924-6118, HB 213	Jennifer Gacutan-Galang, 924-6119 HB 214			Laurie Morgan, 924-6117, HB 210
Presentation Titles (45 - 60min each)	<input type="checkbox"/> Stressin' Out	<input type="checkbox"/> Living a Healthier Life (Preventing Chronic Diseases)	<input type="checkbox"/> K.I.S.S.: Keepin' It Safer and Sexier (Birth Control Methods)	<input type="checkbox"/> Nutrition 101: The Basics of Food	<input type="checkbox"/> Alcohol 101	<input type="checkbox"/> Body Image 101	<input type="checkbox"/> Culture of Violence (How violence is perpetuated in our society)	<input type="checkbox"/> Intro to SQ
	<input type="checkbox"/> Suicide Prevention	<input type="checkbox"/> Keep Your Heart Healthy (Heart Disease & Prevention)	<input type="checkbox"/> ABCs of STIs (Sexually Transmitted Infections (STIs))	<input type="checkbox"/> Portion Distortion: How much do you need?	<input type="checkbox"/> Alcohol Jeopardy	<input type="checkbox"/> Body Image Around the World	<input type="checkbox"/> Healthy & Unhealthy Relationships	<input type="checkbox"/> SQ: Leadership
	<input type="checkbox"/>	<input type="checkbox"/> The Facts About Breast Cancer	<input type="checkbox"/> Let's Talk About Sex (Sex and Communication)	<input type="checkbox"/> Healthy Eats at SJSU	<input type="checkbox"/> Uppers, Downers, & All Arounders	<input type="checkbox"/>	<input type="checkbox"/> Violence Prevention 101 (Consent, cycle of violence, power & control wheel, intimate partner violence)	<input type="checkbox"/> SQ: Team Building
	<input type="checkbox"/>	<input type="checkbox"/> Getting a Better Night's Sleep	<input type="checkbox"/> Sexology 101 (Anatomy & Physiology)	<input type="checkbox"/> Mindful Eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/> Fun in the Sun (Skin Cancer & Prevention)	<input type="checkbox"/>	<input type="checkbox"/> Know the Facts: Reading Nutrition Labels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/> Breathing Healthier (Lung Disease Awareness)	<input type="checkbox"/>	<input type="checkbox"/> Eat Fit (Nutrition for Active Students)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/> Be Smart About Body Art (Hepatitis, Piercing/Tattoo Safety)	<input type="checkbox"/>	<input type="checkbox"/> 100% Diet free	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HOST RESPONSIBILITIES

- √ To encourage good attendance and participation
- √ To understand that this request is tentative until the speaker has been confirmed and we get back to you
 - √ To better meet your needs, make request three weeks prior to proposed date
- √ Turn this form into HB 209 or email to maria victoria.cervantes@sjsu.edu three weeks prior to proposed date



STUDENT HEALTH CENTER
Wellness and Health Promotion