

**HEALTH EDUCATION AND AWARENESS TEAM
WORKSHOP AND BOOTH DESCRIPTIONS
2008-2009**

EDUCATIONAL BOOTHS

Vagtacular (Women's Health) Educational Booth (for Large Residence Halls) – 3 hour period

An interactive, fun, walk-by educational event that focuses on women's reproductive health, contraception, and Schiffert Health Center's Women's Clinic Services.

Safer Sex Educational Booth (for Large Residence Halls) – 3 hour period

An interactive, fun, walk-by educational event that focuses on safer sex practices, condom use and abstinence promotion, and Schiffert Health Center sexual health services for both men and women.

Sun Sense Educational Booth (for Large Residence Halls) – 3 hour period

An interactive, fun, walk-by educational event that focuses on knowledge about the sun, skin cancer, protection, and includes scanning with a Derascan facial skin check machine.

*limited availability

INTERACTIVE WORKSHOPS

Exploring Contraception Jeopardy – 1 hour

How much do you really know about the many contraceptive methods available?.....at Schiffert Health Center? Come find out. Join us for this fun, interactive TV game-show style workshop about birth control methods such as the pill, the patch, the ring, Depo-Provera, condoms, and other forms of contraception. We'll also talk about their effectiveness, proper usage, and cost.

Safer Sex Family Feud – 1 hour

Have you ever considered the fact that there is no such thing as safe sex? ...but there are 101 ways to be intimate without doing it. This fun, interactive TV game-show style workshop explores the topics of: sexually transmitted diseases, abstinence, and making safer sex choices.

Nutri-Jeopardy– 1 hour

How do you know if what you are eating is healthy for you? Do you know the difference between portions and serving sizes? How is your activity level? Join us for this fun, interactive TV game-show style workshop and get tips on how to eat healthy on campus as well as learn how to use the fitness & food guide pyramids to assess what you do each day.

Sun Sense – 1 hour

Your skin is one of your most important organs! Learn how to care for it. In this interactive workshop you will explore everything under the sun: SPF, sun glasses, safer tanning, sun-burning, and other skin care issues.

Relaxation Techniques– 1 hour

Are you letting stress get the best of you? Want to learn effective methods to help manage your stress quickly during 5-10 minute study breaks? Come to this program and learn relaxation techniques you can start practicing the minute you leave!