

Fall 2009

Health Education Program

Celebrate your health!

The Health Education & Prevention Department is a vital source of information and motivation for students who want to make a positive health behavior change. Whether just exploring options for success or establishing a specific game plan, Health Education is here to help. Educators are also available to make presentations to campus organizations and classrooms.

Health Topics include:

- Sleep Hygiene
- Disordered Eating
- Stress Management
- General Nutrition
- Fitness/ Weight Management
- Tobacco Use
(FREE gum & patches available)
- Safer Sexual Health
- And More!

FREE**FREE to UNM Students!**

Call to schedule an appointment or a presentation.
277-7947 | peerhelp@unm.edu | shac.unm.edu

FREE