

Health Education & Prevention Peer Education Program

Peer Health Educators are a vital source of information and motivation for UNM 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 individual UNM students. Health Education is also available to present to campus organizations and classrooms on a variety of topics, including safer sexual health, general nutrition, stress management, sleep hygiene, disordered eating, and others. The following Peer Health Educators are available to assist students in Spring 2009:



Left to Right: Sherry, Liz, and Vanessa

Sherry Neal is a senior in Nutrition. She is available to meet with students by appointment or during “walk-in” hours in SHAC room 203. Sherry’s hours are Tuesdays and Thursdays 11:00am-1:30pm. In addition to nutrition-related consultation, Sherry is available to discuss weight management, fitness, and stress management.

Liz Seaburg is a senior in Nutrition. Liz holds “walk-in” hours in SHAC room 203 on Wednesdays from 2-3:30pm and Friday 12:30-2:00pm. She is available to discuss nutrition topics, weight management, and fitness.

Vanessa Apodaca is a senior in Community Health Education. She is available for “walk-in” appointments in Mesa Vista Hall room 3054 on Wed from 1-2pm and Thursday from 9:30-11:30am. She has been trained to support students in making positive behavior changes in tobacco use, stress management, and sexual health.

To schedule a presentation or to find out more about this program, call 277-7947.
See the next page for the entire Spring '09 Health Education Schedule.

Spring 2009 Peer Education & Health Education Schedule

| | Mon | Tue | Wed | Thurs | Fri |
|--------------|-----|---|---|--|---|
| 8:00 | | <i>SHC Closed 8-9</i> | | | |
| 9:00 | | | | 9:30-11:30 VANESSA Tobacco, Stress Mgmt, Sexual Health | |
| 10:00 | | | | | |
| 11:00 | | 11-1:30 SHERRY Nutrition/ Wt Mgmt/ Fitness/ Stress Mgmt | | 11-1:30 SHERRY Nutrition/Wt Mgmt/ Stress Mgmt | |
| 12:00 | | | | | 12:30-2:00 LIZ Nutrition/ Wt Mgmt/ Fitness |
| 1:00 | | | 1-2 VANESSA Tobacco, Stress, Sexual Health | | |
| 2:00 | | | 2:00-3:30 LIZ Nutrition/ Wt Mgmt/ Fitness | | |
| 3:00 | | | | | |
| 4:00 | | | | | |

| <u>Peer Educators</u> | <u>Area of Focus</u> | <u>Location</u> | <u>Message/Appt Phone</u> | <u>Walk-in Hours</u> |
|------------------------------------|---|----------------------|-------------------------------|---------------------------------|
| Liz Seaburg | Nutrition, Weight Management, Fitness | SHAC Room 203 | 277-3563 | W: 2:00-3:30 F: 12:30-2:00 |
| Vanessa Apodaca | Tobacco Cessation/Stress Management/ Sexual Health | Mesa Vista Room 3054 | 277-8563 | W: 1:00-2:00 T: 9:30-11:30 |
| Sherry Neal | Nutrition, Weight Management, Fitness, Stress Management | SHAC Room 203 | 277-3563 | T: 11:00-1:30 Th: 11:00-1:30 |
| <u>Additional Health Education</u> | | | | |
| Jessica Taylor Spurrier | Any Health Education | Mesa Vista Room 3056 | 277-7947 | M-F, by appt |