

## Programming from Campus Wellness

Campus Wellness offers a variety of well-being programming option for ECU students, faculty, staff, and community members. We conduct programs for academic classes, residence halls, student organizations, and more! Our trained Well-Being Ambassadors bring the programs to you for FREE!

### **Programming Services Offered by the Wellness Center:**

- Wellness Workshops and Presentations
- Tabling Events
- Wellness Education Resources

To utilize our services, all you have to do is request a program through the provided link:

<https://crw.ecu.edu/wellness-fitness/request-a-program/>

Read about the Well-Being programs we offer.

- Complete the "Request A Program" Form located at the bottom of the page.
- A member of our Wellness & Fitness Team will contact you regarding your request.
- A Well-Being Ambassador will be assigned to conduct your program and will reach out to discuss any specific details of the program.

**\*Please note that we need at least two weeks to plan the program and schedule staff\***

### **Any Questions?**

Contact Daniella Izaguirre at [izaguirred19@ecu.edu](mailto:izaguirred19@ecu.edu) or 252-328-4947 or stop by the Wellness Center!

### **Programs Offered by Campus Wellness:**

#### **Mental Health & Stress Management**

Pirates for Positivity: A mental health program that covers common mental health issues, the effects of stress, and tips for managing stress.

#### **Nutrition & Body Image**

Recipe Seminar: Cooking demos that walk participants through different healthy, nutritious recipes.

#### **Sexual Health & Healthy Relationships**

K.I.S.S: Keep It Safe & Sexy: A sexual health program that teaches participants on ways to engage in safe sex and the importance of safe sex.

Healthy Relationships: Bystander Intervention: A bystander intervention program that provides participants with an understanding of power-based violence, along with the tools and motivation to be an active bystander.

Healthy Relationships: Communication & Boundaries: A program that allows participants to recognize their individual limits in different types of relationships and provides information on how to establish healthy boundaries.

Escalation Workshop: A video-based program that exemplifies the dangers of dating and domestic violence, and provides participants with the tools, knowledge, and resources to appropriately deal with dating and domestic violence.

### **Alcohol & Other Drugs**

Party Like a Pirate: A fun interactive program that provides information about alcohol and other drugs, safe partying tips, bystander intervention tips, and resources!