



# STOCKTON UNIVERSITY

## WELLNESS CENTER

### COMMUNITY WELLNESS AND HEALTH EDUCATION

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#### Dimensions of Wellness -

Explore the various aspects of our lives that help to create wellness and good health. Learn about new ways to enhance these dimensions and begin to set goals for improvement and well-being.  
*(This workshop is between 1 hour and 1 hour and 30 minutes)*

#### Sexual Health -

Up to date information about contraceptive methods and how they work.  
*(This workshop is between 1 hour and 1 hour and 30 minutes)*

#### Sexually Transmitted Infections -

Information about the various Sexually Transmitted Infections, STI's, how they can be avoided, signs & symptoms, and where to get treatment.  
*(This workshop is between 1 hour and 1 hour and 30 minutes)*

#### HIV/AIDS – Still With Us -

Detailed facts concerning HIV/AIDS, modes of transmission, prevention methods, testing issues, and safe vs. risky behaviors.  
*(This workshop is between 1 hour and 1 hour and 30 minutes)*

#### Managing Stress -

What stress is and the effects of stress discussed. A look at what causes stress, symptoms people experience as a result of stress, and positive ways to deal with and manage stress.  
*(This workshop is between 1 hour and 1 hour and 30 minutes)*

#### Women's Health Issues -

Review of general good habits and why they're important, education concerning the pelvic exam, pap test, breast self-exam, mammograms, PMS,

menstruation, menopause, and particular diseases of women addressed. *(This workshop is between 1 hour and 1 hour and 30 minutes)*

Nutrition-

Eating well at Stockton, making healthy choices, reading food labels, and nutrition basics. *(This workshop is between 1 hour and 1 hour and 30 minutes)*

Eating Disorders -

What they are and possible causes discussed. Signs and symptoms as well as long-term consequences resulting from eating disorders addressed. *(This workshop is between 1 hour and 1 hour and 30 minutes)*

Alcohol and Drug 101 -

Teaches students how to make safe responsible choices as it pertains to drugs and alcohol. *(This workshop is between 1 hour and 1 hour and 30 minutes)*

My Family – The Role I Play -

Learn about the roles family members often adopt in a chemically dependent family or in response to a severe family trauma. Explore the behaviors, feelings, and strengths of these different roles. *(This workshop is between 1 hour and 1 hour and 30 minutes)*

Healthy Relationships -

Exploring what you really want in love relationships, what a healthy relationship is, and identifying whether or not a relationship is good or bad for you and what to do about it. *(This workshop is between 1 hour and 1 hour and 30 minutes)*

Teambuilding -

Interactive workshop illustrating aspects of how it to build & maintain a cohesive team. *(This workshop is between 1 hour and 1 hour and 30 minutes)*

Communication Skills -

Ways in which we communicate. Improving communication skills, effective listening skills, expressing feelings, accepting others feelings, dealing with conflict looking at assertive and aggressive communication styles. *(This workshop is between 1 hour and 1 hour and 30 minutes)*

A Map For The Future-

The importance of setting goals, the relationship between our values, decisions, and goals, looking at what prevents us from achieving our goals and

what specific steps we can take to help us achieve our goals explored.

*(This workshop is between 1 hour and 1 hour and 30 minutes)*

Presentation Skills -

Learn about the dynamics that make a presenter interesting and dynamic, common mistakes and how to avoid them along with ideas for creating presentations.

*(This workshop is between 1 hour and 1 hour and 30 minutes)*

Meditation 101 -

Learn to meditate simply and easily. Various methods of meditation will be taught and experienced as well as exploring techniques to help enhance our meditation practice and discussion of some common challenges with meditating.

*(This workshop is between 1 hour and 1 hour and 30 minutes)*

Living an Aromatherapy Life -

Aromatherapy-it's not just about smells! The use of aromatic plants as part of herbal medicine dates back thousands of years and has a worldwide history. Learn how this complementary therapy utilizes essential oils from plants to promote relaxation, encourage healing, fight infection, and relieve pain through inhalation, topical application, and baths.

*(This workshop is between 1 hour and 1 hour and 30 minutes)*

\*Other Special Request Programs:

Could it be Poison? The 411 on Keeping Yourself Safe

Are You Ready? Emergency Preparedness for the College Student

Don't Get Vaped In

2019 Coronavirus- What You Should Know