

BULLETIN BOARD



The Peer Health Education bulletin board is located in the Student Memorial Center across from the computer lab. The bulletin board features announcements for upcoming events and programs as well as education information.

INFORMATION TABLES

The Peer Health Educators provide information, through displays and activities, on topics including AIDS awareness, alcohol awareness, heart disease, nutrition, physical activity, safer sex, and stress reduction. The majority of the displays are in the banking lobby of the Student Memorial Center.



INTERESTED?

Interested In Becoming A Peer Health Educator?

New Peer Health Educators are typically hired late in the Spring semester to start employment the following Fall semester. Applications are found in the Montour House, on the Peer Health Education bulletin board, as well as on the Wellness and Women's Center website. Stop by the Montour House if you are interested in applying!

SCHEDULE A PROGRAM

If you are interested in scheduling a Peer Health Education awareness program, please contact the Peer Health Educator Student Manager at least two weeks in advance.

Peer Health Educator Student Manager
E-mail: phestudentmanager@millersville.edu
Phone: 872-3601

CONTACT US

Coordinator, Wellness and Women's Center
Jayme Trogus
871-2238

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Elsie S. Shenk
**Wellness &
Women's Program**

Millersville University
SEIZE THE OPPORTUNITY

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PEER HEALTH education

MILLERSVILLE UNIVERSITY



EDUCATING, ENCOURAGING, AND SUPPORTING HEALTHY LIFESTYLE CHOICES



Elsie S. Shenk
**Wellness &
Women's Program**

MISSION STATEMENT

Peer Health Educators (PHEs) are a diverse group of Millersville University students dedicated to providing educational programs and information to the Millersville campus and community on health and wellness. Efforts are aimed at educating, encouraging, and supporting healthy lifestyle choices.

The PHEs are trained to facilitate dynamic outreach programs, coordinate informative awareness events, and encourage activities that help create a healthy culture on campus. Some of the topics covered include alcohol, diversity, nutrition, sexual responsibility, stress, and tobacco. The PHEs are committed to building a healthier environment at Millersville University by sharing information, teaching skills, and encouraging fellow students to practice healthy behaviors.

BECOME A PEER HEALTH EDUCATOR AND HELP MAKE A DIFFERENCE IN SOMEONES LIFE



THE WELLNESS CENTER



The Peer Health Educators are employed by the Wellness Center which is located in the Montour House. The Montour House is directly across the street from the Student Memorial Center and is open Monday-Friday from 8:00 a.m. until 4:30 p.m. Stop by the Montour House to pick up health information, free dental dams, and free safer sex kits.

AWARENESS PROGRAMS

The Peer Health Educators offer a variety of awareness programs for the University community. These are interactive presentations that can be presented to resident halls, athletic teams, fraternities, sororities, clubs, or other organizations.

The programs (each approximately 1 hour in length) include:

- **Battle of the Sexes:** gender differences
- **Conflict in the Real World:** conflict
- **From Rave to Grave:** club drugs
- **Mocktail Party:** partying smart
- **Nutrition: The Good, The Bad, and The Ugly:** nutrition
- **Party 101:** alcohol awareness
- **RubberWear Party:** safer sex (*20 minute version available)
- **Stress...Be Gone!:** stress management
- **Time Doesn't Have to Fly:** time management
- **Who in the World:** diversity



OUTREACH EVENTS

Fall

- **Wellness Fair**
- **Alcohol Awareness Week**
- **Smash the Butt 5k Run/Walk**
- **World AIDS Day Awareness Week**



Spring

- **Sexual Responsibility Week**
- **Safe Spring Break**

