Center for Health Education and Promotion

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Alcohol Awareness, 11am-1pm, Montour House	6	7 Contraceptive Corner 8-9pm outside South Villages	8
9	10	11 Red Zone Table 11am-1pm, Outside bookstore	12 DIY Stress Ball Wellness Wednesday, 11am-1pm, Montour House	13 Rubberware: 7pm, South Villages Great Room	14 Contraceptive Corner 8-9pm outside South Villages	15
16	17	18	19 Self-Care @ The Ville, 11am-1pm, SMC Patio	20 George St. Block Party, 11am-1pm	21 Contraceptive Corner 8-9pm outside South Villages	22
23	24	25 Conquering College, 7pm, SMC 18	26 Hazing Awareness Wellness Wednesday, 11am-1pm, Montour House	27	28 Contraceptive Corner 8-9pm outside South Villages	29
30						

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Event Details:

9/7, 9/14, 9/21 and 9/28: Peer educators will be outside of the South Villages to hand out safer sex kits and answer contraception questions.

9/11 Red Zone Table: This table will provide students with information and engage them in discussions about the Red Zone.

9/12 Wellness Wednesday: DIY Stress Ball - Students make their own stress ball from balloons and flour and learn about techniques for coping with stress.

9/13: Rubberware: Join the peer educators in a fun and interactive way to discuss contraception and their role in safer sex practices.

9/19 Self Care @ The Ville: Join various campus groups and departments and working your way through the dimensions of wellness.

9/20 George St. Block Party: Swing by the houses located along George Street for free food, activities and to learn about the programs and services offered by the departments in these houses.

9/25 Conquering College - The Body and Mind peer educators will present on common stressors students face and different ways students can conquer that stress on campus.

9/26 Hazing Awareness Wellness Wednesday: Join the Greek Life peer educators in raising awareness about hazing.

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Center for Health Education and Promotion

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Behind the Post, 7pm, SMC MPR, 7pm	2	3 I Goat Your Back Wellness Wednesday, 11am-1pm, Montour House	4	5	6
7	8	9	10 The Less Known Forms of Relationship Abuse Wellness Wednesday, 11am-1pm, Montour House	11	12 Contraceptive Corner 8-9pm outside South Villages	13
14	15 Sex and Chocolate, 7pm, SMC 18 YWCA sexual assault hotline training, 6-8:30pm, SMC 202	16 Purple Carnival, 7-9pm, SMC MPR and Juice Bar tables	17 Medical Marijuana Wellness Wednesday, 11am-1pm, Montour House YWCA sexual assault hotline training, 6-8:30pm, SMC 202	18	19 Contraceptive Corner 8-9pm outside South Villages	20
21	22 Alcohol awareness open program, 6pm, SMC 18 YWCA sexual assault hotline training, 6-8:30pm, SMC 202	23 Standard Drink Sizes, SMC Juice Bar Table	24 Alcohol Awareness Wellness Wednesday, 11am-1pm, Montour House YWCA sexual assault hotline training, 6-9pm, McComsey 110	25 Drunkin Pumpkin, 11am-1pm, Montour House Corn-Hole Tournament, SMC Promenade (Atrium rain location), 7pm	26 Contraceptive Corner 8-9pm outside South Villages	27
28	29 YWCA sexual assault hotline training, 6-8:30pm, SMC 202	30 Minding Your Mind, 7pm, SMC 18	31 Barrier Methods and STI prevention Wellness Wednesday, 11am-1pm, Montour House			

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Event Details:

10/1: Behind the Post is a short video about red flags in an unhealthy relationship. This program is an open discussion about how social media can impact a person's decision whether or not to stay in an abusive relationship.

10/3 Wellness Wednesday: I Goat Your Back - Baby goats visiting from the Amish Farm and House want students to visit and learn about tips to help with anxiety and how to practice self-care.

10/10: During this Wellness Wednesday event, students will learn about the less familiar types of relationship abuse through an engaging activity.

10/12, 10/19, 10/26: Peer educators will be outside of the South Villages to hand out safer sex kits and answer contraception questions

10/15-11/14: YWCA Sexual Assault Hotline Training. Individuals wishing to volunteer on the YWCA sexual assault hotline can register to attend this training. *No class 10/31

10/15: Join the peer educators in a question and answer session to openly talk about relationships and to ask questions about sex and relationships.

10/16: The Purple Carnival is an interactive event that will provide students information about relationship violence, ways to love better, and available resources on campus.

10/17: Medical Marijuana Wellness Wednesday: learn about updates to the medical marijuana laws in PA and what you need to know as a student.

10/22: AOD Open Program: Join AOD Peer Educators for an open program on alcohol. Find out how much you really know, come with questions!

10/23: AOD Table: Standard drink size? What's that? Find out at AOD's Pour-a-Drink table!

10/24: This wellness Wednesday will focus on educating the student body about alcohol and the importance of using smart tips for drinking.

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10/25: Corn-hole Tournament: Come on out for a Corn-hole Tournament with the AOD peer educators and the Ville Sports Officials!

10/26: Just in time for Halloween – the drunken pumpkin. While a visual display, this event will also include an education table to help students learn safer and smarter ways to consume alcohol if they choose to.

10/30: Minding Your Mind - The Body and Mind peer educators will present about some of the most common mental health issues students face, their symptoms, and how to apply coping mechanisms.

10/31: Barrier Methods and STI Prevention Wellness Wednesday: During this interactive Wellness Wednesday, the peer educators will provide participants with information on various forms of barrier methods to prevent the spread of Sexually Transmitted Infections.

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Center for Health Education and Promotion

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Contraceptive Corner 8-9pm outside South Villages	3
4	5 YWCA sexual assault hotline training, SMC 202	6 Project Condom, 7pm, SMC MPR	7 Mental Health Wellness Wednesday, 11am-1pm, Montour House YWCA sexual assault hotline training, SMC 202	8	9 Contraceptive Corner 8-9pm outside South Villages	10 MU Open House
11	12 Body Monologues, 7pm, SMC MPR YWCA sexual assault hotline training, 6-8:30pm, SMC 202	13 How To Love Better, 12:30-1:30pm, outside the bookstore	14 Sexual Assault Awareness Wellness Wednesday, 11am-1pm, Montour House YWCA sexual assault hotline training, 6-8:30pm, McComsey 110	15	16 Great American Smokeout Outreach, 1-2pm, outside library Contraceptive Corner 8-9pm outside South Villages	17
18	19 STI Bingo, 7pm SMC 18	20	21	22	23	24
25	26	27	28 Erase the Stigma Wellness Wednesday, 11am-1pm, Montour House	29 DIY Stress Balls, 7-9pm, Library	30 Contraceptive Corner 8-9pm outside South Villages	

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Event Details:

11/2, 11/9, 11/16, 11/30: Peer educators will be outside of the South Villages to hand out safer sex kits and answer contraception questions.

11/6: You may have heard of Project Runway, but have you heard of Project Condom? Teams of students create and model outfits made out of external condoms! Join us for an entertaining show and interactive activities to help you learn more about sexual health.

11/7: Join the Choices student-athlete peer educators in learning about mental health and campus resources.

11/12 The Body Monologues - The Body and Mind peer educators will host a fun, interactive night where students can build a self-care kit, perform their own artistic pieces about self-love and care, and have a conversation about how the media impacts our daily thoughts and actions.

11/13: The How To Love Better table will engage students in ways they can strengthen the relationships they are already in or are looking to form.

11/14: During this Wellness Wednesday, students will learn about how sexual assault is impacting students at Millersville.

11/16: Great American Smokeout: How Cool is your Juul? Learn about nicotine, vapes, and juuls with AOD's outreach!

11/19: STI Bingo: Join us for an interactive game of Bingo and learn about sexually transmitted infections.

11/28: Erasing the Stigma: During this Wellness Wednesday, the peer educators will be providing information on reducing the stigma around alternative relationships.

11/29 DIY Stress Balls-This will be a relaxing event for student's right before finals week.

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Center for Health Education and Promotion

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 Contraceptive Corner 8-9pm outside South Villages	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

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Event Details:

12/7: Peer educators will be outside of the South Villages to hand out safer sex kits and answer contraception questions.

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