

THE HEALTH PROMOTION OFFICE

The UHS Health Promotion Office inspires UR students to LIVE, GROW, and THRIVE on campus! Our team provides a variety health education and wellness programs throughout the year, focusing on the topics that are most meaningful to Eastman students. In addition, we collaborate with the campus community and support a variety of student-led health promotion initiatives throughout each academic year.

FOCUS AREAS



Alcohol & Other Drugs



Nutrition



Health Care IQ



Physical Activity



Mental Wellness



Relationships & Sex

CONTACT US

Health Promotion Office:

UHS Building 2nd Floor

(585) 273-5775

www.rochester.edu/uhs/healthpromotion

 URHealthPromotion



UNIVERSITY of
ROCHESTER

UHS Eastman School Office:

Room 106, ESM Student Living Center

(585) 275-2662

Monday—Friday 9:30 a.m.—4:30 p.m.

UCC Eastman School Office:

Room 107, ESM Student Living Center

(585) 275-3113

Call to schedule an appointment

LIVE. GROW. THRIVE.

at Eastman

Programming & services presented by
the UHS Health Promotion Office &
the Eastman Office of Student Affairs

WELLNESS PROGRAMS

Yoga Classes

Take time each week to relax and unwind. Free yoga classes are available every Wednesday at 5:45 in the Directors Dining room of the Student Living Center. Prior yoga experience is not necessary.

Feel Fabulous in February

A week of feel-good programs to help you beat the winter blues! Look out for programming flyers in mid-February for all of the details.

UR Supported

If you're struggling with feeling stressed out, overwhelmed, or having difficulty balancing it all, we're here to help. The UR Supported sessions are led by staff, faculty and students and will provide you with useful strategies to help you cope. rochester.edu/uhs/ursupported

Educational Hall Programs

Throughout the year, Residential Advisors provide educational hall programs on a variety of health topics including sleep, sexual health, and healthy eating.

Meditation Room

The meditation room is designed to be a relaxing atmosphere where residents can practice yoga, meditate, work on their Alexander Technique, or focus on spiritual practices. Keys are available at the SLC front desk.

ONLINE PROGRAMS

E.A.T. Mindfully

Zzzzs to As: 21 Day Sleep Challenge

SERVICES

UHS and UCC in the SLC

University Health Service and the University Counseling Center are located on the first floor of the Student Living Center. Students are able to schedule a convenient appointment with their health care provider or mental health therapist. Visits are always confidential.

Safe Sex Express

The Safe Sex Express program allows easy access to safe sex products in a convenient and inconspicuous way. Simply order condoms and lube via an online form and have them delivered to your mailbox. rochester.edu/uhs/healthpromotion

WORKSHOPS

Koru Mindfulness

A 4-week workshop designed specifically for college students to teach the practice of mindfulness & meditation for stress reduction. rochester.edu/mindful

KEEPING STUDENTS HEALTHY

- Complimentary ear plugs
- Complimentary cold care kits
- Annual flu vaccine clinics
- RA safe sex supply stations
- Physical Therapy in the SLC
- RESTORE office hours in the SLC
- Eastman Performing Arts Medicine

GET INVOLVED

Peer Health Advocacy (PH 216)

Are you interested in inspiring your peers to make healthy lifestyle choices? Then the Peer Health Advocacy course is for you! Open to students in any major, this course focuses on contemporary health and wellness issues for college students.



PHA Internship (PH 394A)

Peer Health Advocates (PHAs) are student leaders who empower fellow students to make healthy lifestyle choices. They are trained to develop, promote, and provide health and wellness related outreach such as educational workshops, tabling events, and other health promotion programs. *(Prerequisite: PH 216)*

OTHER ACADEMIC CLASSES

- ALC 252 Keys to Healthy Music
- WLN 105 Alexander Technique
- WLN 101 Yoga / Meditation for Musicians
- MHS 590 The Musician's Body