

**Health Education Services
George Mason University
SUB I, MSN 2B2, 993-3690, fax 993-3685**

PROGRAM REQUEST FORM

Person/Organization Requesting Program:

Name: _____ Position: _____

Name of Group: _____ E-Mail Address: _____ Phone: _____

MSN(address): _____ How should we contact you: _____

How did you hear about us? _____

Description of Workshops (check one)

Please check one of the following topic areas: (Please check \checkmark only one; we cannot do a combination - sorry)

1. Sexuality Chat (NEW!) _____ 1 - 1 ½ hours
*Yes, this session still has our factual and powerful content on STD/HIV prevention, transmission, and testing - **PLUS** a new section that provides students the opportunity to ask other curious questions regarding sexuality – anonymously. The instructor gathers questions from the class two weeks prior to the session and the Health Educator and her peer health educators answer these questions during the session. We have also added a new skill-building section to better prepare students to negotiate no sex (abstinence) or safer sex. As our reputation maintains we are fun, nonjudgmental, and the sessions are interactive. Please try to provide 1 ½ hours for this session.*
2. Stress Management is a Buffet _____ 1 – 1 ½ hours
This session explores the different kinds of stress, good and bad, and even celebrates certain kinds of stress. In addition, this session teaches the buffet of strategies to help busy college students manage stress. Of course, we mention tobacco prevention/cessation, good nutrition and hydration because that's what we do.
3. Don't see anything you're interested in? Contact us about other programs, Judy Palmore, jpalmore@gmu.edu or (703) 993-3690.

Logistics

Location (**Bldg. and room #**): _____

How many will be there, approximately: _____ **What time:** _____

How long are you willing to give us: 1 hr ___ 1 hr 15 min ___ 1 hr 30 min ___

What **date** would you like us there? 1st Choice: _____ 2nd Choice _____

Special Instructions (if any): _____

What is your goal in providing this session to this group? _____

Thank you for your interest in HEALTH!

**Health Education Services
George Mason University
SUB I, MSN 2B2, 993-3690, fax 993-3685**