

Talk to Us about Food, Sex, Drugs...

Peer Health Educators know the ins and outs of nutrition, substance abuse, and safer sex, just to name a few. And they're coming from a student's point of view. Which make them people you can talk to for specific health information — or just to help you sort things out.

Call 346-4456 for an appointment.

Or stop by the Peer Health Education office in the Health Center.



Lisa Marie Cole

Junior, Sociology

My areas of interest include preventing the spread of sexually transmitted infections and unplanned pregnancies. I believe having peer educators to talk to is an important asset on campus, because we are going through many of the same challenges that most students face.



Jobin Nash

Senior, General Science

Knowing one's cholesterol level is probably not most college students' number one priority. It is important to realize, however, that even though we may not feel ill, various processes are taking place inside our bodies that can help or hinder our health in later life. This is why I'm running the free cholesterol screening on Tuesday 9:30-11:30 in the Health Center and am available to meet with students who have concerns about cholesterol.



Ryan Hurley

Senior, Psychology

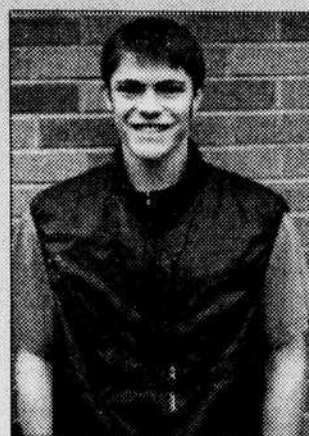
Practicing healthy behaviors is a very important part of my life. As a Peer Health Educator, I am learning ways to help other people incorporate healthy behavior into their lives. Winter term, I am running the Nutrition Analysis Program which gives a complete breakdown of your three day diet as well as offering a Vegetarian Cooking workshop. Stop by the Health Center to sign up for any of these free programs.



Misha Patel

Junior, Biology

I have been focusing on contraception, safer sex and eating disorders issues and am available to help students adopt healthier behaviors in these areas. Peer Health Educators can help in exploring options and tailor different approaches for different individuals.



Benjamin Litton

Junior, Psychology

I believe it's important for students to actively integrate relaxation into their week in order to achieve optimal health. Thus, I am offering a workshop at the Health Center on stress reduction and relaxation winter term and am able to meet individually with students who want to better manage their life stress.



Brandi Peterson

Junior, General Science

As a Peer Health Educator, I have gained valuable knowledge in setting and reaching realistic lifestyle goals. I am interested in aspects of addiction, including the health effects of smoking. Winter term, I am leading the smoking cessation workshop to both educate and support students who are interested in quitting tobacco.



Amy Miller

Graduate Student, Education

I too am interested in managing stress and recognize Yoga as a practice which is capable of bringing relaxation to both body and mind. In addition to stress management, I am available to assist students with issues around pregnancy and sexuality.



Nicole Scaife

Junior, Psychology

I believe that basic nutrition and fitness are important aspects of any well balanced lifestyle. By actively seeking out knowledge and experience in these areas, students can benefit physically and mentally. I look forward to playing an active role in helping others to incorporate nutrition and fitness into their own lives.

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We're a matter of degrees ♦

Open daily 8 a.m. to 6 p.m., except Tuesdays (9 a.m.) and Sundays (10 a.m.).
Appointments : 346-2770 • After hours: 346-4441 • Web: darkwing.uoregon.edu/~uoshc