

Opportunities

Kutztown University Health Ambassadors

The KU Health Ambassador Program is a peer-to-peer initiative that was founded in to provide leadership opportunities and learning life experiences.

Membership

- Membership is open to all KU students
- In support of academic excellence all members must maintain a minimum of a 2.0 G.P.A. or better
- KU Health Ambassadors meet weekly.
- Volunteer membership is open and all expertise is welcomed in event and workshop planning.
- New Clinical Service Advisory Committee

Contact

KU Health Ambassadors
610-683-4240
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Contact Information

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KU Health Ambassadors
610-683-4240

Kutztown University
Health and Wellness Services
610-683-4082

Kutztown University
Counseling Services
610-683-4072

Kutztown University is a member of the

Pennsylvania State System of Higher

Education

KU Health Promotion Services



Appreciate,
celebrate, and
motivate others
in healthy life
choices and
practices in a
collegiate
environment

2011-2012

Programs and Resources



Health Promotion Services (HPS) is located at the Health and Wellness Center in Beck Hall. HPS provides technical assistance and resources to students in living healthier lifestyles. HPS hosts workshops, wellness expos, and life learning opportunities as peer-to-peer educators. Feel free to stop by and check us out!

The Health Center is accredited by the Association for Ambulatory Health Care.



Hours of operation are
Monday - Friday
8 a.m. - 4:30 p.m.
and by appointment.

Programs

Alcohol and Other Drugs Awareness

AOD challenge, Booze & Confused,
*All in a drink, *Intoxiclock,
Pill Popping Culture,
SOBER choices, WEED

Healthy Lifestyles

Cold & Flu Awareness, Five-A-Day,
* MyPlate,
Germs!, Got Milk, Healthy Mondays,
Pink Party, Stress Free

Relationships and Sexual Responsibilities

Condom Obstacle Course, Cycle of
Violence, Health Relationships, HIV/AIDS
Awareness, Safe & Sexy

Tobacco Awareness

CO₂ Readings and Pig Lungs
Demonstration, Puff & Spit, Thinking of
Quitting, Tobacco Cessation

** New Programs 2011-12 Academic Year*

Services

- Tobacco cessation
- Technical assistance in health and wellness workshop planning
- Guest speakers
- Brief Alcohol Screening Intervention for College Students

Resources

- Brochures
- Health & wellness tool kits
- Health & wellness teaching tools
- Peer education & advocate trainings
- Wellness Center's wellness stations
- Wellness Center open hours
- Local community networking
- Interactive displays

Annual Events

- Health and Wellness Expo
- *Great American Smokeout*
- Spring Break Wellness
- Sexy Friends
- S.P.A. Day