Mission

Health Promotion and Alcohol & Other Drug Services (HPAOD Services) seeks to enhance student academic success and foster a healthy collegiate environment by providing programs and services that promote wellness, reduce harm, and support responsible decision making practices.
Focus: Tips and tricks for maintaining a healthy lifestyle as a college student.

**Can be presented as a workshop**

Focus: Responsibility, safety, and decision making skills in social situation.

**Can be presented as a workshop**

Focus: Information provided on e-cigarettes, hookahs, vapes, and other modern day smoking trends.

Focus: Stress management, mindfulness, and organizational skills that can be utilized by college students in times of need.

**Can be presented as a workshop**

Focus: Working with students in order to take initiative to organize, prioritize, and simplify various aspects of their lives – body, mind, and environment. Special attention on self-care, social media, and sustaining healthy lifestyles.

Focus: Providing information and raising awareness of healthy relationships. Tips on communication, confrontation, and consent.

**Can be presented as a workshop**

Focus: Information provided regarding the proper use of sunscreen, “myths and facts” of skin care, and cancer awareness.

Focus: Students learn skills to handle confrontation in relationships in a safe and healthy way.

**Can be presented as a workshop**