

STUDENT WELLNESS ADVOCACY TEAM (S.W.A.T) PROGRAM REQUEST FORM

***THIS FORM MUST BE COMPLETED AND RETURNED TO S.W.A.T. ADVISOR, BRIANNE GEMEINHARDT IN CRAWFORD 203, OR E-MAILED TO [SWAT@WINTHROP.EDU](mailto:SWAT@WINTHROP.EDU) NO LATER 10 DAYS BEFORE SOONEST PROSPECTIVE DATE.***

*Club/Organization Info:*

Name: \_\_\_\_\_

Affiliation: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Contact Email: \_\_\_\_\_

*Program Info:*

Name of Program: \_\_\_\_\_

Type (circle): LECTURE PANEL FAIR OTHER Please Specify \_\_\_\_\_

Materials Needed (circle):

PAMPHLETS SPEAKER(S) PRESENTATION ON TOPIC OTHER Please Specify: \_\_\_\_\_

Prospective Date: 1<sup>st</sup> choice \_\_\_/\_\_\_/\_\_\_ 2<sup>nd</sup> choice \_\_\_/\_\_\_/\_\_\_

Location: \_\_\_\_\_ Space Reserved: Yes No

Expected Attendance: \_\_\_\_\_

***PLEASE NOTE: IF THE PROGRAM NEEDS TO BE CANCELLED FOR ANY REASON, S.W.A.T. NEEDS NOTIFICATION AT LEAST 48 HOURS IN ADVANCE. IF YOU FAIL TO GIVE PROPER NOTIFICATION, SWAT OBSERVES THE RIGHT TO CEASE PROGRAMMING WITH CONTACT INDIVIDUAL IN THE FUTURE.***

\*See reverse side for pre developed program offerings

**For Office Use Only:**

Date Received: \_\_\_/\_\_\_/\_\_\_ Date Responded Back: \_\_\_/\_\_\_/\_\_\_

Assigned Presenter(s): \_\_\_\_\_

Presenter(s) Contacts: \_\_\_\_\_

Materials Needed:

\_\_\_\_\_

Notes/Evaluation:

STUDENT WELLNESS ADVOCACY TEAM (S.W.A.T) PROGRAM  
PRE-DEVELOPED OFFERINGS

Stress Management:

- Stress and various ways relieve it
- Participate in fun, interactive activities
  - o Make stress balls
  - o Enjoy spa-like relaxation exercise

Nutrition:

- Practical strategies for eating healthy on a college campus
- Practical Strategies for life-long healthy eating including reading nutrition labels and cooking ideas
- Find out how many calories you consume while eating out using interactive fast food software

Well-Woman:

- Learn about the well-woman exam at Winthrop's Health Services and get great information about your options for contraceptives
- Explore STI's and discover which are more prominent on college campuses
- Participate in a great activity to see how quickly STI's can spread

Body Image:

- Discover how you view yourself through a fantastic scientific exercise
- Learn about positive and negative body image, the history of body image, and self-esteem
- Find out how eating disorders relate to body image