

# Empowering Bronco Wellness



*WESTERN MICHIGAN UNIVERSITY*  
Health Promotion and Education

# Health Promotion and Education



Our core topic areas include:

- Substance use
- Sexual health
- Sexual assault
- Mental wellness
- Bystander intervention

# Peer Health Education

- Sexual assault prevention, education, & support
  - Mental wellness education
  - Sexual health education
  - Substance use risk reduction
- Provide interactive and inclusive programming to the WMU community on health and well-being
- Applications are accepted year-round!



# Benefits of being a Peer Health Educator

- Nationally-certified (resume credential)
- Public speaking
- Critical thinking
- Time management
- Event/program planning
- Professional Development
  - Conferences
  - Trainings



## Western H.E.R.O.E.S.

- Encourages the WMU community to step up and create a safer and inclusive campus environment
- Learn the skills necessary to effectively prevent or stop harm
- Empowers participants to overcome the bystander effect when they find themselves or others in situations that could lead to harm



**WESTERN**  
H.E.R.O.E.S.



# Wellness Coaching

- Learn how to improve lifestyle habits and overall health and happiness by creating your own Wellness Action Plan
- Free for all undergraduate and graduate students
- One-on-one and/or small group sessions
- Facilitated by Maddy Mularski- Navigation Specialist for Fitness and Wellness



WELLNESS  
COACHING



## HPE Services and Resources

- Common Ground
- FIRE Place
- Safer Sex Supplies (S-3) Delivery
- Light Therapy
- Connect with a Peer Health Educator



# Where can students find us?



Events all year, including:

- First Year Experience classes
- WOW Game Show
- Narcan/Naloxone Training
- Sexual Health Carnival
- Mental Health Week
- Relaxation Stations
- Wellness Intervention for Substance Education (WISE) Workshop
- Take Back the Night
- Free STI Testing day
- Bronco Bash

Or stop by our health promoting spaces on the upper level of Sindecuse Health Center, M-F 9 am – 4 pm

# Thank you!

3120 Sindecuse Health Center

Come visit us to connect with a Peer Health Educator

(269) 387-3263

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[wmich.edu/healthpromotion](http://wmich.edu/healthpromotion)



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