STUDENT HEALTH PROMOTION COMMITTEE

Student Health Promotion Committee

University of Colorado Anschutz Medical Campus
WELCOME

- Welcome
- Committee Overview
- Leadership Roles & Getting Involved
- Committee Projects
- Future Meetings

Sign-in Form
WELCOME

• Name
• Pronouns
• Program

• If you could have a super power, what would you pick?
Mission Statement: Engaging a community of learners to create and foster a culture of lifelong well-being.

Vision: An innovative campus community recognized for promoting wellness in our personal and professional lives.

- To serve as an entity for health promotion information and promotion of well-being-related events and activities accessible to the student population on campus.
- To promote the growth of a healthy culture and development of healthy habits by engaging students in health promotion activities on campus.
- To serve the university by providing health promotion information, programs and resources for students.
- To foster the continued interest in the university becoming an innovator in promoting health and wellness in the personal and professional lives of our students.
**Structure and Leadership Roles:**

**Co-Chairs**
- Co-facilitate meetings, work directly with advisor, provide leadership to group projects

**Treasurer**
- Oversee and present budget, record keeping, work with advisor and business service manager

**Communications Chair**
- Lead subcommittee for marketing, branding, communications, and initiatives, manage social media
Leadership Role Election Process:

If interested in joining the leadership team

- Notify team by Friday, Sept. 16
- Prepare short speech for next week including an introduction and outlining your interest in the specific position
- Elections will occur at our next meeting, Monday, Sept. 26, 12:00pm
- Reach out if you have any questions
General Membership:

- Attend bi-weekly meetings
- Participate in program planning, sub-committees
- Volunteer to help with tabling, marketing, and at events
PROJECTS

Past Projects:
• Creative outlets for stress & anxiety paint night
• Eating Healthy on a budget
• Stress-fest
• Hosting Lunch & Learns

Budget: $7,000

Ideas for this year
• Yoga or fitness event
• Cooking
• Mental Health Awareness Week Oct. 3-7
• SHPC tabling?
• Meetings will occur every other Monday
• 12:00-1:00pm
  • Ed. 2 North, Room 3108
  • Zoom
• Next meeting Sept. 26, 12:00pm
• Elections
• Begin Project Planning for Fall 2022
A FEW OPPORTUNITIES FROM HEALTH PROMOTION

Student Health Promotion is Hiring!

• Student Health Promotion Program Assistant 8-10hr/wk, $20/hr
• WeCU Peer Coach (2 positions) 4-5hr/wk, flexible scheduling, $16/hr

• Both applications can be found on Student Health Promotion Webpage
• Both Applications close Friday, Sept. 16th
NEXT MEETING

Any Questions?

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