

**CAMPUS  
EVENTS**

**INDIVIDUAL  
CONSULTATIONS**

**We host a variety of health promotion events through the school year. Check out Owl Central for a full schedule.**

# WORKSHOPS

**Invite us to present at your  
next class or organizational  
meeting.**

- + Stress Management**
- + Nutrition**
- + Healthy Lifestyle**
- + Healthy Relationships**
- + Sexual Health**
- + Alcohol or Drug Use**

**STUDENT  
OPPORTUNITIES**

**WELLNESS  
HOOTS**

**Owls Care Leader**

**Internships**

**Graduate Program Facilitator**

**Student Assistant**

**Find our outreach tent  
around campus and collect  
“hoot loot” to trade in for  
merchandise from our  
office!**

**SNACKS ON  
THE GO**

**FOOD FOR  
THOUGHT**



**STRESS OASIS**

**Visit our in-office relaxation station complete with aromatherapy, zen garden, stress balls, sleep masks, and bio dots.**

**Find our cart and grab a  
balanced snacks to stay  
fueled throughout your  
busy day.**

**Connect with your favorite  
professor or staff member  
over free lunch.**

**LIVE WELL**

**WOMEN &  
GENDER EQUITY**

**Join our Live Well community  
to experience live cooking  
demos and virtual fitness class,  
plus weekly tips, challenges,  
and prizes.**

**Educates, advocates, and supports FAU through gender education and vital resource information.**

**Always available in our office and in the residence halls.**

**FREE  
CONDOMS**

**CONNECT  
WITH US!**





**FAUOwlsCare**



**FAUOwlsCare**



**Owls Care Health Promotion**

**[www.fau.edu/owlscare](http://www.fau.edu/owlscare)**

**S** **CARE**

Promotion

**OWL**

#Health