Wellness Request Form

Thank you for your interest in our programming. Due to high demand, we are currently booked through the end of October. If your request is for November or beyond, please submit below and we will follow up with you.

At Student Wellness we offer a variety of workshops, presentations and other programming for request by student/campus organizations, university classes, and other campus entities.

These are guidelines for requesting a workshop:

- There are 10 or more attendees
- Have at least 60 minutes
- Workshop date is 2 weeks from date of request
- Willing to complete feedback survey
- Have reserved space

Sign up for existing wellness workshops and programs on heellife.unc.edu [1].

This semester we will be offering the following workshops virtually and/or in-person:

- Dimensions of Wellness & Self Care
- Mental Wellbeing
- Bystander Intervention
- Violence Prevention
- Stress Management
- Sleep Strategies & Hygiene
- Sexual Health and Relationship Education (S.H.A.R.E.) Topics
- Alcohol & Other Drug Harm Reduction
- Graduate & Professional Students Needs

We provide support to many students to assist with their campus programming needs. In addition, our social media channels (@unchealthyheels) and email newsletter connects students online with holistic health and wellness information, resources and events.
Use the form below to request support for your wellness workshop. We try to accommodate as many requests as possible, but at times, the volume and timing of requests means we cannot accept everyone. Please try to provide advance notice - ideally 2 weeks - and flexibility. Be specific as to what role you hope we can play at the event.

Name of person requesting Wellness *

Name of entity requesting Wellness *

Contact email *

Contact phone

Event date

Month  Day  Year

Event start time

hour : minute

am  ?

pm

Event end time

hour : minute

am  ?

pm

Goals of event

Request of Wellness (select all that apply) ?
Hosting a table at a large event 

Formal presentation to a group 

Interactive workshop or discussion with a small group 

Participating on a panel 

Providing educational materials 

Providing additional resources and supplies 

Providing 1:1 Wellbeing Coaching

Approximate time commitment from Wellness

Additional details we should know

In-person, Virtual, or Hybrid? *