

# Wellness Request Form

***Hello, we are ceasing our usual topic oriented programming for the summer in order to focus our efforts on seasonal summer orientations and related trainings, and will pick our usual programming back up in late August 2022.***

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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 3 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](http://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
- 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 (@unhealthyheels) 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 3 weeks - and flexibility. *Be specific as to what role you hope we can play at the event.*

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**Source URL:** <https://studentwellness.unc.edu/resources/request-help/wellness-request-form>

**Links**

[1] <http://heellife.unc.edu>