Office of Health Education and Promotion:  
Program Request Form

Please submit your completed request form by hard copy to 203 Nordenberg Hall (Wellness Center) or email a copy to the pantherwell@pitt.edu.

### Contact Information:
- **Contact person:**
- **Phone:**
- **Title/Role (RA, president, etc.):**
- **Email:**
- **Organization:**
- **Campus address:**

How did you hear about us?

### Program Scheduling Request:

Please provide THREE (3) dates and times below. Forms must be submitted at least 2 weeks prior to the earliest requested date.

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Desired program length: ______________________________
Expected number of attendees: _______________________

### Program Options:  
(please use one form per program requested)

| PantherWELL Programs:  
(conducted by PantherWELL Peer Health Educators) |
|--------------------------------------------------|
| ☐ Sex in the Lounge  
(ssexual health/safer sex)                      |
| ☐ Girl Talk  
(women’s health - general)                     |
| ☐ Step Up, Step In  
(alcohol and sexual assault bystander training introductory) |
| ☐ More Than Easy Mac  
(nutrition + microwave cooking)                 |
| ☐ Get Moving  
(fitness)                                       |
| ☐ Love the Genes You’re In  
(body image)                                     |
| ☐ Happy Hour  
(alcohol basics)                                 |
| ☐ Recipe for Success  
(alcohol decision making + mock tail activity)   |
| ☐ Resiliency 101  
(intro to resiliency tips)                      |
| ☐ Comfort Zone  
(stress management)                              |
| ☐ Make It Work  
(communication/relationships)                    |

☐ Tabling for an event:  
(please list topic and brief description)

☐ Jeopardy Game:  
(Please select one topic)  
(1) Sexual Health  
(2) Alcohol, Tobacco and Other Drugs  
(3) Potpourri (mix of health topics)

### Additional Programs:  
(conducted by professional staff, GAMMA Peers, or Graduate Students)

☐ Alcohol Bystander Training  
(2 hour program)

☐ Nutrition Programming  
(provided by Registered Dietician; will contact to discuss topics of interest such as specialty diets, navigating dining, etc.)

☐ GAMMA Alcohol Education Program  
(Peer alcohol education program for Greek organizations)

Additional information regarding your request:

Please list any additional information you would like covered in the program, etc.

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Please complete one form per program requested. **Forms must be submitted at least 2 weeks in advance** to earliest requested date either by submitting a hard copy to the Wellness Center, or by emailing to pantherwell@pitt.edu. We will make our best efforts to meet requests; if unable to accommodate initial request, we will contact to discuss additional scheduling options.