



FRED Well | Live Well to Learn Well | Wellness workshops made easy

Looking for a Wellness presentation for your student organization, fraternity/sorority, athletic team, club sport, residence hall, or academic class – the Counseling Center’s **FRED Well** program has you covered. We offer student led wellness programs that are research-based, interactive, and of course fun! Workshops are about an hour long.

What’s in your Cup? If you choose to consume alcohol discover strategies that maximize the positive effects of alcohol and while decreasing possible negative consequences. Participants will use our *Sum it Up Cup* to see how much alcohol is in the drinks they are consuming. This workshop also covers the mysteries of BAC, risk reduction tips, and alcohol poisoning.

Green Dot: Learn more about consent, your rights, and how to be an empowered bystander. Find out what resources are available to survivors of sexual assault and how you can help a friend.

Can you feel the love? Romantic and friendship relationships can be a source of pleasure, happiness and joy, or disappointment, heartache and pain. They are always a learning experience; find out how to get more out your relationships and what to do if you or a friend is an unhealthy relationship.

Stop Stressing, Start Living: When life’s challenges and demands begin to pile up and pull us out of balance we need to take time to do those things that replenish and restore our physical and emotional well-being. Discover ways to bring balance back to your life.

Sweet Dreams: It's no secret that many college students get far too little sleep, leaving us tired and not performing at our peak. Learn strategies to help you get better zzzz’s.

Love your Body: Love your body, stop trying to fix it, it is not broken. Learn more about listening to and loving your body.

To request a program please go to: www.fredonia.edu/fredwell

FRED Well Workshops are coordinated by the Counseling Center’s Substance Abuse and Violence Prevention program. Workshops have been developed by CC staff and are facilitated by undergraduate FRED Well interns. For more information please contact Julie Bezek, julie.bezek@fredonia.edu, 716.673.3424.