
Education Programs

Contact us about programs and presentations on any of the following topics.

Assertiveness Training
Stress/Time Management
Tai Chi/Yoga
Self Esteem
Nutrition and Fitness
Weight Control
Eating Disorders
Body Image Issues
Smoking Cessation
Substance Abuse Prevention
Healthy Relationships
Sexual Health
Sexual Assault Risk Reduction
Personal Defense and Empowerment
Women's Health
and more . . .

**For more information,
please call (479) 575-4451**

Health Promotion Director
Ed Mink, EdD, CHES
(479) 575-6376

STAR Central Director/Health Educator
Dr. Mary A. Wyandt-Hiebert, PhD, CHES
(479) 575-7252

Reflections/Health Educator
Ms. Susan Rausch, MA, CHES
(479) 575-2817

SAP (Student Assistance Program)
(479) 575-4451

Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

Pat Walker Health Center University Health Services

525 N. Garland Avenue
Fayetteville, AR 72701

(479) 575-4451
TTY (479) 575-4124

Website: health.uark.edu



Accredited by
**Accreditation Association
for Ambulatory Health Care**

*A Member of
the Division of Student Affairs*



Department of Health Promotion

Pat Walker Health Center

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Our Mission

The Department of Health Promotion embraces a comprehensive, proactive, and holistic approach to health through offering individual and group programs that focus on healthy lifestyles, intellectual growth, and emotional and social development.

Health Promotion is a social science that draws from public health and the physical, psychological, biological, environmental, and medical sciences to promote health and prevent disease, disability, and premature death. Theory-based voluntary behavior change activities, programs, campaigns, education, and research contribute to the promotion of healthier lifestyles.

Outreach and Education

The Health Promotion Staff provide educational presentations and consulting services for campus and community groups on a variety of health-related issues.



Special Programs

STAR Central

The Office for Support, Training, Advocacy, and Resources on Sexual Assault and Relationship Violence provides individual consultation and advocacy services for victims of sexual assault and/or relationship violence. All victim services are confidential. Education programs, trainings, and awareness events are also available.

RESPECT

As part of STAR Central, Rape Education Services by Peers Encouraging Conscious Thought (RESPECT) is a peer education program that presents rape awareness and risk reduction programs for students by students.

SAP

The Student Assistance Program (SAP) challenges students to critically examine their involvement with alcohol and other drugs. Small group education sessions are held in a supportive environment and healthy behavior change is promoted.

Reflections: Linking Health and Body Image

Reflections focuses on educational services and counseling on healthy diet, weight, exercise, and body image.

Awareness & Education Events

Be on the lookout for the gorilla. Often, our gorilla is on campus promoting health awareness messages and upcoming events.

Some events sponsored by the Health Promotion Department include:

- Annual Student Health and Wellness Fair
- Awareness Weeks/Months (alcohol, sexual assault, HIV/AIDS, sexual responsibility, body acceptance)
- Spring Fling Thing
- Welcome Week Events



Academic Classes

Health promotion staff teach academic classes in collaboration with the Health Science Department of the College of Education and Health Professions.

A variety of 1-hour academic credit, 8-week classes are offered every Fall and Spring semesters. For a current listing of HLSC 2101 classes, consult ISIS.

