Inside Panel

PHOCUS Brochure
8.5 x 11 paper
folded in half
final size 8.5 x 5.5

What is PHOCUS?
Our Mission is to assist in the creation of a healthy campus community by providing programs and activities that will promote healthy life style choices.

Our Goal is to increase awareness and educate the student body about personal health in order to improve our communities quality of life.

We explore and explain important issues such as:
- Nutrition and Exercise
- Alcohol and Drug Abuse
- Stress Management
- Healthy Relationships
- Safe Sex
- Healthy Sleep

What it means to be a PEER HEALTH EDUCATOR . . .

- Be attentive and actively participate.
- Be excited to share and learn new information.
- Be reliable and support your members.
- Be able to attend most planning meetings.
- Be creative and assist with programs for the campus community.
- Be committed by setting healthy examples for your peers.
- Be interested in health and wellness topics.
- CONTACT INFO ON THE BACK

THE BENEFITS OF BEING . . .

Knowledge is power again important information that will help you and the people you live through out your life.

Learn and strengthen leadership, presentation, communication, conflict resolution, and group facilitation skills.

Have an opportunity to contribute significantly to the well being of our campus community.

Create programs that can leave a positive legacy on campus.

The experience can provide transferrable work skills, achievements and information to put on your future resume.