



## CONTACT

### PEER HEALTH EDUCATION

Peer Health Educators (PHEs) promote healthy choices and lifestyles through educating and empowering the campus. They provide positive, interactive and non-judgmental programming aimed at providing their peers with information to make healthy, informed decisions regarding their health and well-being.

### STUDENT WELLNESS CENTER

The Student Wellness Center, located on the 3rd floor of Case Center, is a student-staffed space where students can seek support and resources from trained PH

### WELLNESS COACHING

Students can partake in individual wellness coaching sessions with a trained Wellness Coach. Students explore and gain awareness of various health related influences on their lifestyle. Coaching uses a positive, strength-based approach to holistic wellbeing and helps students work towards their personalized wellness goals.

### THE SOURCE

The Source is an online web portal that helps students:

- Connect to peers with similar interests
- Find alternatives to the typical party scene, whether they are substance free or just looking for something different to do
- Connect to places in Saratoga that align with their interests

Visit [www.TheSkidmoreSource.com](http://www.TheSkidmoreSource.com) for more information.

### BASICS

BASICS is a two part, one-on-one alcohol assessment and education program designed to help students examine their drinking behaviors in a judgement-free environment. Students select their own goals around reducing risky behaviors and avoiding harmful consequences.