



# HEALTH PROMOTION

SKIDMORE  
COLLEGE

## ABOUT

The Department of Health Promotion makes information available on a wide range of health topics. We are committed to providing resources that will help individuals within the Skidmore community to make responsible choices related to their wellbeing.

## CONTACT

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## 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 PHEs about a range of health topics. Students can purchase health related items, including safer sex products, at the Wellness Center. Additionally, students can loan out books or even hammocks to relax in during a nice day.

## 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.

## VICTIM ADVOCACY

Victim Advocates work to support and assist victims of sexual and gender-based misconduct. They assist students in understanding resources available to them and provide support through the SGBM adjudication process, if the student chooses to report. Victim advocates can assist students with accommodations, including housing and academics.