

Event Name	Type	Date	Location	Description	Marketing Method	Learning Objectives
<i>DAAPP 2019 Programs</i>						
Free Group Exercise	Awareness	1/21/2019 - 1/31/2019	FAC Group Exercise Room	Free Group Exercise classes for students, faculty, and staff members	University Website, Flyers, Daily News Announcements, OrgSync, & Word of Mouth	Free group exercise classes were offered to students faculty and staff to bring awareness to Stalking Awareness Month. Metabolic Conditioning, Spinning, High Intensity Interval Training, Yoga, and Strength Circuit Classes were offered.
"Go Relax"	Wellness	2/20/19 & 3/25/19	MET 109-111	The OWS provided a space during heavy testing for students to come relax and enjoy therapy dogs, arts, crafts, puzzles, guided meditations, light snacks and beverages.	University Website, Flyers, Daily News Announcements, OrgSync, & Word of Mouth	Objectives were to provide students an opportunity to explore a variety of modes of healthy stress management through relaxing activities, and provide them with a space to take a break from the stress from academics.
Walking Challenge	Fitness	3/4 /19 - 3/8/19	N/A	Walking challenge for all students, faculty, and staff members to increase overall activity levels.	University Website, Flyers, Daily News Announcements, OrgSync, & Word of Mouth	Provide an opportunity for participants to find creative ways to incorporate more walking/physical activity into their day to day lives.
Free Group Exercise Classes	Fitness	3/4/19 - 3/8/19	Founders Activity Center	Group classes are open to all students, faculty, and staff members who do not have a gym membership.	University Website, Flyers, Daily News Announcements, OrgSync, & Word of Mouth	Provide an opportunity for non-gym members to engage in a variety of modes of exercise to improve overall health and wellbeing.
Infographic Distribution	DAAP	4/2/2019, 4/10/2019, 4/17/2019, 4/22/2019	N/A	Infographics were distributed to students to help educate and bring awareness to sexual assault and it's relationship with alcohol, consent, street harassment, campus resources, and preventitive safety measures.	University Website, Daily News Announcements, & OrgSync	General understanding of what sexual assault it, gain clarity regarding what consent is and how to properly attain it, understanding the relationship between sexual assault and alcohol consumption, become more familiar with preventive safety measures, and know where to find campus and community resources.

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World Meditation Day	Prevention	5/15/2019	EAD 714	Introduction to breath and mindfulness meditation	University Website, Daily News Announcements, & OrgSync	For students to learn actionable stress management skills in the form of meditation. How to incorporate these techniques into their daily lives.
Stress Management Workshop	Wellness	.	EAD 703	Guest lecturers from the Center of Academic Performance discuss how you can better manage and reduce stress	University Website, Flyers, Daily News Announcements, OrgSync, & Word of Mouth	Students were Provide resources and techniques to better help manage stress throughout the semester (meditation, self care practices, academic assistance, and campus resources).
Free Group Exercise Classes	Wellness	6/24/2019 - 6/28/2019	FAC	Free exercise classes open to all students who are not gym members.	University Website, Flyers, Daily News Announcements, OrgSync, & Word of Mouth	Provide an opportunity for non-gym members to engage in a variety of modes of exercise to improve overall health and wellbeing.
Free Group Exercise Classes	Wellness	8/19/2019-8/23/2019	FAC	Free exercise classes open to all students who are not gym members.	University Website, Flyers, Daily News Announcements, OrgSync, & Word of Mouth	Provide an opportunity for non-gym members to engage in a variety of modes of exercise to improve overall health and wellbeing.
A Dose of Truth	DAAP	9/16/2019	IREB 270	A provider's perspective on heroin and opioid use, misuse and treatment.	University Website, Flyers, Daily News Announcements, Campus lab, Word of Mouth, & Tabling	Learn what opioids are, when they are prescribed, the risks, benefits, when to recognize overdose, addiction, and an overview of treatment.
A Prescription for Knowledge	DAAP	9/17/2019	IREB 270	A pharmacist's perspective of the opioid and heroin epidemic. Implications for future pharmacists.	University Website, Flyers, Daily News Announcements, Campus lab, Word of Mouth, & Tabling	Learn what opioids are, when they are prescribed, the risks, benefits, when to recognize overdose and abuse, addiction, and the role of the pharmacist.

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Free Yoga Class	Prevention	9/19/2019	Fitness Center	Free yoga class	University Website, Flyers, Daily News Announcements, Campus lab, Word of Mouth, & Tabling	Students learn about fitness center resources, and healthy coping strategies through fitness group exercise classes.
Tabling	DAAP	9/20/2019	MET Lobby	Tabling with DSA employees available to answer questions regarding campus resources.	University Website, Flyers, Daily News Announcements, Campus lab, Word of Mouth, & Tabling	Bring awareness to drug use and abuse, educate students about campus and community resources, and answer any questions students might have.
Table Display	Prevention	9/16/2019 - 9/20/2019	MET Lobby	A table display addressing opioid misuse and campus and community resources.	University Website, Flyers, Daily News Announcements, Campus lab, Word of Mouth, & Tabling	Bring awareness to drug use and abuse, and destigmatize diseases related to addiction.
Meditation Workshop with the Art of Living	Prevention	10/8/2019	IREB 230	A representative from the Art of Living	University Website, Flyers, Daily News, Announcements, Campus Lab, Word of Mouth	Understand mindfulness meditation and understand the evidence in support of its application as a stress management tool.
World Mental Health Day: Grief and Loss Handling Presentation	Awareness	10/10/2019	IREB 240	Speakers from The Warm Place presented on strategies to cope up with grief and loss.	University Website, Flyers, Daily News, Announcements, Campus Lab, Word of Mouth	Learn strategies to respond and cope with grief and loss.
Infographic Distribution	DAAP	10/22/2019 - 10/25/2019	N/A	Overdose Recovery Position Infographic	University Website, Flyers, Daily News, Announcements, Campus Labs	Outline and understand the process of placing an overdose victim into the recovery position.
Recovery Resource Distribution	DAAP	10/21/2019 - 10/25/2020	N/A	Campus and Community Recovery Resources	University Website, Flyers, Daily News, Announcements, Campus Labs	Learn about campus and community drug / alcohol related recovery resources.
Go with the Flow	Wellness	11/12/2019	FMB 130	Painting party was organized to help UNTHSC community explore positive coping skills to manage daily life stressors.	University Website, Flyers, Daily News, Announcements, Campus Lab, Word of Mouth	To allow UNTHSC community to explore various modes of stress management through relaxing activities.

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Go Relax	Wellness	11/26/2019	MET 109-111	Stress management workshop in collaboration with CAP	University Website, Flyers, Daily News, Announcements, Campus Lab, Word of Mouth	To educate the UNTHSC community regarding various modes of stress management and how to incorporate it into their daily lives.
Go Compete	Fitness	11/01/2019 - 11/30/2019	FAC	Fitness centers new physical fitness competition was created to help UNTHSC community get physical and mentally active	University Website, Flyers, Daily News, Announcements, Campus Lab, Word of Mouth	OCC incentivized physical activity through prizes and recognition.
Go Walk	Fitness	11/01/2019 - 11/30/2020	offsite	The OCC challenged UNTHSC community to track how many minutes they walked through the month of November. Students, faculty, and staff were then entered into a drawing for prizes.	University Website, Flyers, Daily News, Announcements, Campus Lab, Word of Mouth	OCC incentivized physical activity through prizes and recognition.
Go Volunteer	Awareness	11/26/2019	MET Lobby	Local volunteer opportunities were presented to UNTHSC community who had the time and desire to participate.	University Website, Flyers, Daily News, Announcements, Campus Lab, Word of Mouth	UNTHSC are presented with the opportunity to practice their personal and professional abilities in a variety of settings, the opportunity to work collaboratively and refine leadership skills, and problem solve in a setting that is meaningful to the student.
<i>National Impaired Driving Month:2019</i>						
Infographic Distribution	DAAP	12/2/2019	N/A	Informational flyer on Texas drinking and driving statistics.	University Website, Flyers, Daily News, Announcements, Campus Lab, Word of Mouth	Provide student with relevant information regarding the risks and potential consequences drugs, alcohol, and DWI. Additionally, flyers outlined strategies to reduce and prevent drunk driving.
Infographic Distribution	DAAP	12/9/2019	N/A	Safe Party tips to help get home safely over the holidays	University Website, Flyers, Daily News, Announcements, Campus Lab, Word of Mouth	Strategies for safe social drinking and drinking abstinence for guests and hosts.
Infographic Distribution	DAAP	12/16/2019	N/A	Informational flyer on drug and alcohol use, and DWI .	University Website, Flyers, Daily News, Announcements, Campus Lab, Word of Mouth	Provide student with relevant information regarding the risks and potential consequences drugs, alcohol, and DWI. Additionally, flyers outlined strategies to reduce and prevent drunk driving.

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<i>National Impaired Driving Month:2019</i>						
Resource Table	DAAP	12/2/2019 - 12/20/2019	LIB & MET	Table display with informational flyers, campus and community recovery resources.	University Website, Flyers, Daily News, Announcements, Campus Lab, Word of Mouth	N/A
Go Relax	Wellness	12/9/2019	LIB 3rd Floor	Students were provided a space during heavy testing to come relax and enjoy therapy dogs, arts, crafts, puzzles, guided meditations, light snacks and beverages.	University Website, Flyers, Daily News, Announcements, Campus Lab, Word of Mouth	Objectives were to provide students an opportunity to explore a variety of modes of healthy stress management through relaxing activities, and provide them with a space to take a break from the stress from academics.