The Wellness Educator (WE) Program, sponsored by Student Psychological Services (SPS), arose from a perceived need by students to raise awareness of mental health issues among the LMU community. The goals of the WE Program are to educate fellow students about mental health and wellness, reduce stigma around mental illness, and raise awareness of SPS and other wellness resources on and off campus. You can promote the mission of the WE program by requesting them to speak to your organization today!

**Name of group/organization requesting presentation:**

___________________________________________________________________________________

**Requested Presentation Topic:**

- □ Anxiety, stress management, and mindfulness
- □ Depression and suicide prevention
- □ Body Image, disordered eating, and self-compassion
- □ Assertiveness, healthy communication, and healthy relationships
- □ Other (please specify): ____________________________

**Requested date(s) and time(s) of presentation (list several options if possible):**

___________________________________________________________________________________

**Group Size:**

___________________________________________________________________________________

**Contact information (including name and email address):**

___________________________________________________________________________________

**Deliver/fax/email completed form to:**

   Student Psychological Services  
   c/o WE Program  
   Burns Recreation Building, Suite #206  
   Tel: (310) 338-2868  
   Fax: (310) 338-3705  
   Rebecca.rutchick@lmu.edu