Health Promotion, a division of Wardenburg Health Services, is currently recruiting for the HealthBuffs peer education program. HealthBuffs volunteers are provided with the opportunity to promote health and wellness through student-initiated projects. Health Promotion provides resources and skill-building tools on the following health topics: sleep, stress, sexual health, alcohol and other drugs, tobacco, illness prevention, nutrition and body image.

Responsibilities:
- Attend and participate in trainings and weekly Monday meetings from 5-6:30 pm
- Provide staffing for at least three Havens (stress-reduction workshops featuring brief chair massage, aromatherapy, and 1-on-1 stress assessments) each semester.
- Participate in small groups focused on addressing a specific health topic
- Present with your small group at the HealthBuffs Showcase at the end of each semester

Requirements:
- Must be an enrolled CU student
- Must be able to commit to at least 30 hours/semester and make a two-semester commitment
- Must be able to attend training on September 23rd (6-8 pm) and September 24th (8 am-5 pm)

Necessary Qualifications:
- Interest in public health, health promotion, or social justice
- Commitment to inclusivity and multiculturalism
- Strong interpersonal communication skills
- Ability to work independently and as part of a team

Preferred Qualifications:
- Peer education, customer service or leadership experience
- Concurrent activity in other agencies and organizations

Benefits:
- Fast-paced, innovative, and collegial environment
- Opportunity to develop and implement new ideas and programs
- Expanded knowledge of public health and health equity
- Pre-professional career experience
- Diversity, health inequity, and social justice education