



Rowdy New U Roadshow

Want a personalized wellness presentation for your department's staff meeting or retreat? Please fill out the information below! Our wellness staff will come present to your department about health topics and/or services we offer.

Contact Information

Name: _____ Extension: _____

UTSA Email: _____

Department: _____

Presentation Information

Event (ex. Staff meeting, retreat, etc.): _____

Date(s) Available: _____

Time(s) Available: _____

Duration of presentation: _____

Number of attendees: _____ Location: _____

Please check the topic(s) you would like covered.

	Presentation Topic	Duration
<input type="checkbox"/>	What is Rowdy New U?	15 minutes
<input type="checkbox"/>	Rowdy New U events happening this month	10 minutes
<input type="checkbox"/>	Quarterly Wellness Assessments	10 minutes
<input type="checkbox"/>	UT System Physical Activity Challenges	10 minutes
<input type="checkbox"/>	Naturally Slim	10 minutes
<input type="checkbox"/>	Ergonomics	30 minutes
<input type="checkbox"/>	Foam Rolling Class (interactive, must have large open space)	30-45 minutes
<input type="checkbox"/>	Lacrosse Ball Class (interactive, must have wall space)	15-30 minutes
<input type="checkbox"/>	Health at Your Desk (interactive)	30-45 minutes
<input type="checkbox"/>	Leave for Wellness Incentive Policy	10 minutes
<input type="checkbox"/>	Blue Cross Blue Shield Benefits	15-30 minutes
<input type="checkbox"/>	Financial Health Resources Through UTSA	10 minutes
<input type="checkbox"/>	Stress Management	30-45 minutes
<input type="checkbox"/>	Wellness	15-30 minutes
<input type="checkbox"/>	Tobacco Cessation Resources Through UTSA	10 minutes
<input type="checkbox"/>	Heart Health	15-30 minutes
<input type="checkbox"/>	Other:	

Please make sure you have a computer and projector to display the presentation. The Wellness Team will bring a USB drive with the presentation on it. If you need the presentation emailed to you ahead of time to add to an existing presentation, please let us know.

Please email this form to wellness@utsa.edu and we will get back with you to schedule your presentation as soon as we can.