

From: Inform
Subject: EM: Peer Health Ambassador Applications Open!

From: Izaguirre, Chantal

Hello CMC!

Are you passionate about health and wellbeing initiatives? Do you want to help promote healthy attitudes and behaviors among your peers on campus? If so, we invite you to join the Peer Health Ambassadors!

CLAREMONT MCKENNA COLLEGE'S

PEER HEALTH AMBASSADORS

Who We Are & What We Do:

- Support the well-being of the student body by educating our peers on a variety of health topics including alcohol & other substances, sexual health & healthy relationships, mental health, body image, and more.
- Collaborate with campus clubs and organizations to promote health & well-being initiatives.
- Create and publish monthly Stall Street Journals, newsletters, and our "What the Health" podcast.
- And so much more!

 **Follow us for more!**

@cmcpeerhealth

[CMC's Peer Health Ambassadors](#) (PHAs) play a vital role in promoting health and well-being initiatives on campus through peer-to-peer messaging and leadership. By fostering healthy attitudes and behaviors, PHAs contribute to creating a safe and inclusive campus environment where everyone can thrive. As a PHA, you will receive a comprehensive training in multidimensional and inclusive well-being, equipping you with the skills to deliver impactful messaging on various health topics. PHAs cover a broad spectrum of multidimensional wellness topics including:

- Mental Health and Emotional Well-being
- Safer Alcohol and Substance Use
- Sexual Health and Healthy Relationships

- Nutrition and Body Image
- Sleep Hygiene and more!

By joining our team, you will have opportunities to build valuable skills in project management, event planning, leadership, marketing, community outreach, and more. Plus, you'll have the chance to become a NASPA Certified Peer Educator, enhancing your credentials and resume! Some responsibilities include:

- Facilitating interactive workshops and events for the campus community
- Developing and implementing health-focused programs such as the Stall Street Journal, monthly newsletters, and “What the Health” podcast
- Assisting with campus-wide health fairs including HalloWellness and Fresh Check Day
- Collaborating with student groups, campus partners, and various wellness committees to promote healthy lifestyle choices

Don't miss this chance to make a difference on CMC's campus while gaining valuable experience and skills. Apply now to become a Peer Health Ambassador!

Additional Details:

- This is a paid position (work study only) and offers approximately 8 hours per week.
- Full job description, expectations and application materials can be found on Handshake.
- Please reach out to Chantal Izaguirre (cizaguirre@cmc.edu) with any questions.

APPLY ON HANDSHAKE

Search for “CMC Peer Health Ambassador (CMC only- Work Study)”

Best wishes,

Chantal Izaguirre

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Director of Health Promotion & Student Support

Dean of Students Office