

Live Well, Be Well

S1, Ep1

“Welcome to Our Podcast!”

Welcome everyone! My name is Renee Dell'Acqua, pronouns are she/her/hers, and I'm a Senior Health Educator in Health Promotion Services here at UC San Diego.

I am so beyond excited to present to you all Health Promotion Services' first-ever podcast called Live Well, Be Well! A podcast where we speak candidly about all things wellness.

For our very first episode of Live Well, Be Well, I wanted to discuss what Health Promotion Services is all about and why we decided to make this podcast. So I hope you get inspired, I hope you feel connected, and I hope you discover new ways to live your best life. Let's get started!

So the question we get asked most often is “What is Health Promotion Services?”

Well, the quick answer is Health Promotion Services (or HPS) aims to promote health and wellness within our UCSD campus community by providing health education, programs, and services on a variety of topics, such as stress management, healthy eating, safer sex practices, risk reduction related to alcohol, cannabis, and other drugs, and so much more.

Our department is made up of some of the most passionate and motivated staff members I have ever met, with backgrounds in public health, health education, psychology, human development, nutrition, and health policy. And the reason we're here is to serve you all! And that is what we aim to do every single day. Also housed within our department are our amazing peer health educators who are trained student volunteers that help us develop and disseminate health information and education across campus.

Fun fact, even if this is the first time you're hearing about Health Promotion Services, if you've visited The Zone, which is UCSD's lounge for student health and well-being located in Price Center, you've actually utilized one of our awesome offerings!

So with all of that being said, our primary goal is really to give you all the knowledge and skills necessary to help you feel empowered and confident to make well-informed decisions when it comes to your health and well-being.

And the reason behind this podcast remains true to that mission. We understand that UCSD students, both undergrads and graduate students, are extremely busy – you all are playing a balancing act right now between academics, extracurricular activities, work, social lives, and everything in between. So we wanted to create a health education platform that is easily accessible and addresses topics that matter most to you.

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On some episodes we'll have guest appearances from subject matter experts as well as students to discuss their experiences and perspectives on various health-related issues. Or it'll just be myself or another health educator discussing topic areas that we specialize in.

So if there are specific topics that you want us to cover in future episodes, please reach out to us! We would love to hear from you! Be sure to check out our website healthpromotionservices.ucsd.edu – We've transitioned many of our in-person activities and services virtually so please be sure to check those out! You can also stay connected with us by following us on Instagram and Facebook under UCSD Health Promotion Services.

So there's our first official episode of Live Well, Be Well! If you like what you heard today and would like to learn more about topics related to health and wellness, there's much more to come! Stay tuned for our next episode of Live Well, Be Well.

Until next time, be kind, be true, be you. And remember, to be well is to live well.