

# The Promotional



## Weigel Health Center Health Promotions

Porter Hall (Lower) • (716) 878-4719  
healthpromo@buffalostate.edu



### Peer Educator of the Month



**Congratulations to Dustin Griswold**

Dustin is a Social Work intern who has been a great addition to our team, especially when it comes to outreach. If you see our table in the student union during Bengal Pause, be sure to say hello to Dustin!

### Did you know?

- ◇ Nearly half of the 20 million new sexually transmitted infections (STIs) diagnosed each year are among people aged 15–24 years.
- ◇ Baby oil and Petroleum Jelly can break down latex and other materials in condoms, making them less effective.
- ◇ The most reliable ways to avoid transmission of STIs and HIV, are to abstain from sexual activity or to be in a long-term mutually monogamous relationship with an uninfected partner.
- ◇ Sexually active females ages 25 and under should get tested every year for chlamydia. Left untreated, chlamydia can affect your ability to have children.



### Campus Events & Offices

#### Counseling Center

878-4436

#### Equity and Campus Diversity

878-6210

#### UPD/RAD

878-6333

#### Student Life/Commuters

878-4631

#### Chartwells

878-5657

#### USG—Bengal Connect

### Follow us!

- Buffalo State Health Promotions
- BSCHHealthPromotions
- BuffaloState\_HealthPromotions
- BSCHHealthPromotions
- BSCHHealthPromo
- weigel.buffalostate.edu



### Events & Programs

The following may be hosted by or with other campus departments. Please visit their web pages. Follow us on social media for more events as they are scheduled!

- **Health Promotions Table.....Every Mon.-Thurs.**  
Student Union Lobby, 11:00am-1:30pm
- **SPCA Paws for Love Therapy Dogs.....Wed. 2/3**  
Across Campus (Check Social Media for details), 5:00-6:00pm
- **One Love: Escalation Workshop.....Wed. 2/10**  
*40 minute video followed by discussion on relationship violence*  
Bacon 115, 11:00am-12:30pm
- **Opiate/Heroin Overdose (Narcan) Workshop.....Thurs. 2/11**  
*Participants will be provided with a free Narcan kit following training*  
Classroom B309, 11:00am-12:00pm
- **Condom Boot Camp (Planned Parenthood) .....Wed. 2/17**  
Butler 208, 2:00-3:00pm
- **USG Free Movie Night.....Wed. 2/18**  
Student Union Social Hall, 6:00pm
- **Tobacco-Free Policy Workshop.....Fri. 2/19**  
Butler 208, 11:00am-12:00pm
- **Diversity Dialogue Speaker Series.....Tues. 2/23**  
*Breaking Boundaries: Views of Equity Beyond the Glass Ceiling*  
Student Union Social Hall, 7:00-9:30pm
- **Safe Sex & Healthy Relationships Workshop.....Wed. 2/24**  
Bacon 115, 11:00am-12:00pm

We have a whole week of safe sex & healthy relationship events and activities planned the week before Valentine's Day! Stay tuned on Social Media for details!



### Services at Weigel

- Food Pantry
- Addiction Specialist
- CPR Training
- Dietitian
- HIV Testing

For more information about these services, call 878-6711 or check out our webpage:  
[weigel.buffalostate.edu](http://weigel.buffalostate.edu)

### Apply Now!

Weigel Health Promotions is interviewing students for the 2016 academic year.

- Positions Available:**
- Independent Study/Interns
  - Graduate Students
  - Undergraduate Students
  - Volunteer



Looking for students with experience in graphic design, workshops, web design, social media, event planning, office support, photography, videography and more.

Contact Paula Madrigal at [madrigpa@buffalostate.edu](mailto:madrigpa@buffalostate.edu) if you are interested in working with us!



**BUFFALO STATE**  
The State University of New York

# Do Your Part

Iss. **8**  
**2** **16**

Watch for  
**#WellnessWednesday**  
on Social Media!