

# The Promotional



## Weigel Health Center Health Promotions

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### Peer Educator of the Month



### Congratulations to Li

Li is a Health & Wellness intern this semester. Li works hard to keep our social media pages active and full of information! Follow us to see #liskitchen

### 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
- **Porntopia (Planned Parenthood).....Wed. 3/2**  
*A media & literacy based sex education program about tools for discussing pornography and its potential implications on young adults*  
Butler 208, 2:00pm-3:00pm
- **SPCA Paws for Love Therapy Dogs.....Wed. 3/2**  
Student Union Lobby, 5:00-6:00pm
- **One Love Escalation Workshop.....Wed. 3/9**  
*40 minute video followed by discussion on relationship violence*  
Bacon 115, 11:00am-12:30pm
- **ECCPASA Table.....Tues. 3/8 – Thurs. 3/10**  
*Erie County Council for the Prevention of Alcohol and Substance Abuse*  
Student Union Lobby, 11:00am-1:30pm
- **Opiate/Heroin Overdose Prevention Workshop.....Mon. 3/14**  
*\*\*Participants will be provided with a free Narcan kit following training*  
Ketchum 219, 5:00pm-6:30pm
- **National Kick Butts Day.....Wed. 3/16**
- **Horizon Therapy Dog Workshop.....Mon. 3/28**  
Ketchum 219, 5:00pm-6:00pm
- **Tobacco Free Policy Workshop.....Wed. 3/30**  
Ketchum 219, 5:00pm-6:00pm

### Did you know?



- ◇ Excessive alcohol use can lead to memory problems, various cancers, heart disease, high blood pressure, digestive problems and mental health disorders such as depression and anxiety
- ◇ An average of 6 people die of alcohol poisoning in the U.S. every day
- ◇ Women and men respond to alcohol differently; it takes less alcohol for women to become intoxicated because of their size and how they process alcohol
- ◇ Drinking alcohol contributes to over 54 different injuries and diseases including car crashes, violence, and sexually transmitted infections

### 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

### 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)



Watch for #WellnessWednesday on Social Media!



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

**Do Your Part**

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