

The Promotional



Weigel Health Center Health Promotions

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Peer Educators of the Month



Congratulations Alissa and Dylan

Alissa has been gathering ingredients and planning for live videos on cooking. Dylan has also been putting together a workshop on eating disorders. They are a fantastic addition to our team!

Safe Spring Break Tips:

- The passenger should always stay awake, more eyes on the road are better. Pull over if you're too tired!
- When you check in to a hotel, be careful saying your room number out loud at the front desk. Only you and your friends need to know where you're staying.
- Always keep an eye on your drink.
- Don't drink on an empty stomach. The effects of alcohol are stronger when you haven't eaten.
- You need to obtain affirmative consent before engaging in sexual activities. If you are not comfortable talking to your partner about sex, don't have sex.

Information courtesy GirlFightBack/
safespringbreak.org

Campus Events & Offices

Counseling Center

878-4436

Equity & Campus Diversity

878-6210

UPD/RAD

878-6333

Student Life/Commuters

878-4631

Chartwells & Dietitian

878-5657

Weigel Health Center

878-6711

USG—Bengal Connect

Take Back The Night

2017 Theme:

#ClothingIsNotConsent

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
- **Condom Bootcamp w/ Planned Parenthood Wed. 3/1**
Bacon 115, 1:00pm
- **Opiate/Heroin Overdose Training..... Wed. 3/8**
Participants will be certified. Free kits available while supplies last.
Bacon 117, 1:00pm
- **QPR Suicide Prevention Training Thurs. 3/9**
FREE "Question Persuade Refer" gatekeeper training in suicide prevention.
Cleveland Hall 418, 12:30pm-1:30pm
- **Horizon Therapy Dog Workshop..... Wed. 3/15**
Learn about everything service & therapy animals do. Therapy dog present.
Bacon 117, 1:00pm
- **Plate Waste w/ Chartwells Wed. 3/15**
Residential Dining, Student Union, 12:00pm-2:00pm



TAKE BACK THE NIGHT

April 10th, 2017

Student Union: Social Hall

Doors open at 6:00pm

Contact us to participate, perform, or learn more to support survivors of sexual assault in this empowering event.

NEW: Cheap, fun, and fast meals with Health Promotions

We are currently working on gathering various recipes so we can promote unique, interesting, and healthy foods across campus. *Submit your recipe ideas at our table in the Union!*



TACO POTATOES RECIPIE

(Serves 4-6, 6 if using smaller potatoes)

1. Preheat oven to 400° F. Wash potatoes in water, pat dry with paper towels. Poke a few holes in each potato then wrap each in foil. Bake potatoes for 1 hour. Carefully remove hot potatoes from oven and set aside to cool slightly.
2. In a large skillet, brown, and crumble ground beef over medium-high heat. Drain grease, if any. Add taco seasoning to beef and amount of water packet calls for. Bring mixture to a boil, then reduce heat to low and simmer for 10 minutes.
3. Remove foil from potatoes then cut a slit in the top to open. Fill each potato with ground beef and all of your favorite taco toppings. Enjoy!

Source: life-in-the-lofthouse.com/taco-potatoes/



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Do Your Part

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