

# The Promotional

## Weigel Health Center Health Promotions

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



### Peer Educator of the Month



Congratulations to Shernice Johnson

“Shernice goes above and beyond to provide the most up to date information for workshops and events.”  
“She is invaluable to the office!”

### Did you know?

- ◇ 40% of people who are stressed overeat or eat unhealthy foods.
- ◇ 44% of people who are stressed lose sleep every night.
- ◇ There **is** such a thing as good stress! Examples:
  - ⇒ Falling in Love
  - ⇒ Traveling
  - ⇒ Sports
- ◇ Taking breaks or vacations are crucial to managing stress.
- ◇ Deep breathing exercises are a great way to control your heart rate during times of stress.

Psychology Today



### Campus Events & Offices

#### Counseling Center

878-4436

#### Equity and Campus Diversity

878-6210

#### UPD/RAD

878-6333

#### Student Life

878-4631

#### USG—Bengal Connect

Share your questions using the hashtag

## #weigelword

Look for us in The Record!

### Follow us on social media!

- Buffalo State Health Promotions
- BSCHealthPromotions
- BuffaloState\_HealthPromotions



### Events & Programs

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

- **USG Free Movie Series**.....Monday, 5/4  
Student Union Social Hall, 6:00pm
- **USG Springfest 2015**.....Thursday, 5/7  
**Featuring Future, K Camp & Luke Christopher**  
Sports Arena, Doors @ 6:30pm, show @ 8:00pm
- **Kickback: Relaxation Day Event**.....Saturday, 5/9  
Horace Mann/Rockwell Quad, 2:00-5:00pm
- **I ♥ Consent Workshop/Discussion**.....Monday, 5/11  
USG Game/Conference Room, 6:00pm
- **Pancake Breakfast**.....Monday, 5/11  
Residence Dining, 11:00pm

## Apply Now!

Weigel Health Promotions is interviewing students for the 2015-2016 academic year.

#### Positions Available:

- Independent Study/Interns
- Graduate Students
- Undergraduate Students
- Volunteer

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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 if you are interested in working with us!



### Services at Weigel

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

For more information about these services, call 878-6711 or check out our webpage:

[weigel.buffalostate.edu](http://weigel.buffalostate.edu)



Stressed about finals? Relaxation Day offers students a variety of fun activities to help ease stress, including free professional massages!



## Do Your Part

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