

The Promotional

Weigel Health Center Health Promotions

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



Peer Educator Recognitions

We would love to give special recognition to several of our peer educator interns this month for their outstanding work this semester!

- **Astrid Leonard** is a 2nd year D'Youville College graduate student gearing towards a Masters in Health Service Administration
- **Tahj Gibson and Christina Smythe** are seniors at Daemen college. Christina is currently finishing her degree in Health Care Studies, while Tahj plans to go to grad school at UB for Community Health

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
- **Relaxation Night**.....**Thurs. 5/5**
Outside Campbell Student Union, 7:00-10:00pm
- **Pancake Breakfast**..... **Mon. 5/9**
Residential Dining Hall, 11:00pm-1:00am

Did you know?

- ◇ Not sleeping enough can make you irritable, unable to concentrate, and can even damage your immune system
- ◇ Feeling stressed? Try this breathing exercise: Inhale, hold, and exhale each for 4 counts. Repeat 3-5 times.
- ◇ Exercising and eating healthy will help your overall mood and help fight stress and negative feelings

Fill out the survey at the link below for a chance to win a \$25 gift card to the campus bookstore! (Students Only)

<https://www.research.net/r/buffalostate/climatesurvey>

Campus Events & Offices

Counseling Center

878-4436

Equity & 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

Apply Now!

Weigel Health Promotions is currently interviewing students!

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 if you are interested in working with us!



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Join us on Thursday, May 5th from 7:00-10:00pm in the Perry Quad for Relaxation Night! Play games, get a free massage, and have fun all while de-stressing before finals!

Watch for
#WellnessWednesday
on Social Media!



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