

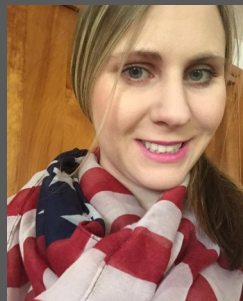
# The Promotional

## Weigel Health Center Health Promotions

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



### Peer Educator of the Month



Congratulations to Jacki Flis

Jacki is a new intern in our office this semester. She has been a great addition to our team, both in helping around the office and facilitating workshops. Her grant writing skills are invaluable!

### Did you know?

This month we are celebrating "Movember," a month about promoting awareness of men's health.

- ◇ The leading causes of death for men are heart disease, cancer, and unintentional injuries.
- ◇ Eating large meals before bed can make it harder to get enough sleep. It is also recommended to go to bed and wake at the same time 7 days a week.
- ◇ Only 15% of men use sunscreen regularly despite the fact that skin cancer is the most common cancer in the US.



### 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

### 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
- **Paws for Love Therapy Dog** ..... Wed. 11/2  
Student Union Lobby, 11:00am-1:00pm
- **Opiate/Heroin Overdose (Narcan) Training**..... Mon. 11/7  
*Participants will be provided with a FREE Narcan kit following training*  
Bacon 117, 5:00pm-6:30pm
- **Veteran's Day** ..... Fri. 11/11  
No classes
- **Health & Wellness Career Fair** ..... Mon. 11/14  
*Learn about career options and speak with potential employers. Be sure to bring a resume!*  
Butler Library, 4:30pm-8:00pm
- **Dietitian Education Program's Health Fair** ..... Tues. 11/15  
*Local vendors and community members will gather to share healthy lifestyle choices. There will be free chair massages and a basket raffle supporting the Food Bank of WNY.*  
Student Union Social Hall, 11:00am-1:00pm
- **Horizon Therapy Dog Workshop** ..... Wed. 11/16  
*Learn about everything service & therapy animals do. Therapy dog present.*  
Bacon 211, 1:00pm
- **Great American Smokeout** ..... Thurs. 11/17  
*Keep a look out for some tobacco-free related events.*
- **Thanksgiving Day** ..... Thurs. 11/24

### 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)



## MOVEMBER



The Movember foundation is a year round charity organization dedicated to men's health. Their goal is to reduce the number of men who die prematurely. The foundation specifically focuses on mental health and suicide prevention, testicular cancer, and prostate cancer. Men are facing a health crisis that isn't being talked about. Learn more about how you can help at [movember.com](http://movember.com).

Watch for  
#WellnessWednesday  
on Social Media!



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

# Do Your Part

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