

# The Promotional

## Weigel Health Center Health Promotions

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



### Peer Educator of the Month



**Gabie Gaeta**

Gabie has worked with us for several semesters and she does great work. She is always willing to lend a helping hand and collaborate with other students. Gabie is a wonderful part of our team!

### Did you know?

#### October is Domestic Violence Awareness Month

- ◇ 1 in 3 women and 1 in 4 men in the U.S. have been victims of some form of physical violence by an intimate partner in their lifetime
- ◇ Women ages 18-24 are the most likely to be abused by an intimate partner
- ◇ On average, nearly 20 people per minute are physically abused by an intimate partner in the U.S.



### 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

Watch for  
**#WellnessWednesday**  
on Social Media!

### 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
- **One Love: Escalation.....Wed. 10/5**  
Bacon 211, 1:00-2:30pm
- **Domestic Violence 101 with Crisis Services..... Thurs. 10/6**  
*Learn the warning signs of domestic violence and how to get help*  
Bacon 205, 12:00-1:00pm
- **National Coming Out Day .....Tues. 10/11**  
*Look for activities at our table in the Student Union all week!*
- **Paws for Love Therapy Dog .....Wed. 10/12**  
Student Union Lobby, Health Promotions Table, 11:00am-1:00pm
- **“Drunk Goggles” with UPD .....Mon. 10/17**  
Student Union Lobby, 11:00am-1:00pm
- **Fresh Check Day .....Tues. 10/18**  
*An event to remind us to “check in” with ourselves and our mental health*  
Student Union Lobby during Bengal Pause
- **One Love: Escalation Workshop .....Wed. 10/19**  
*Short film followed by a discussion on domestic violence*  
Student Union Social Hall, 7:00-8:30pm
- **Porntopia with Planned Parenthood.....Wed. 10/26**  
*A media & literacy based sex education program discussing pornography and its potential implications on young adults*  
Bacon 205, 2:00-3:00pm

### 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)

### The National Domestic Violence

# HOTLINE

**1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)**

If you or someone you know is in an unhealthy relationship, help is available. You can reach the Counseling Center at 716-878-4436, the Weigel Health Center at 716-878-6711, or University Police at 716-878-6333 if there is an emergency. You can also contact Crisis Services on or off campus at 716-834-3131.



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

## Do Your Part

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