

The Promotional

Weigel Health Center Health Promotions

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



Peer Educator of the Month



Congratulations to Leanna Pham

Leanna has been an amazing part of our team this summer. We are sad to see her go but wish her all the best in her future endeavors.

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!

Mental Health Awareness Week.....Mon. 9/7 - Fri. 9/11

- **Self-Care for Student Success**.....Tues. 9/8
Counseling Center
Weigel 203, 12:30pm
- **Horizon Therapy Dogs**.....Wed. 9/9
Houston Gym 212, 6:00-9:00pm
- **I ♥ Consent Workshop**.....Thurs. 9/10
Ketchum 200, 12:30-2:00pm
- **Opiate Overdose (Narcan) Workshop**.....Fri. 9/11
Ketchum 200, 2:00-3:30pm
- **Out of the Darkness: Walk for Suicide Prevention**.....Sat. 9/12
American Foundation for Suicide Prevention
Delaware Park, 8:30am
- **Flu Shot Clinic**.....Tues. 9/15
Campbell Student Union: Upper Lobby, 10:00am - 2:00pm

Quick Tips to Nix Stress

- ◇ Set yourself a weekly budget and stick to it
- ◇ Invest in a calendar and write absolutely everything on it
- ◇ Plan your time wisely. Major projects and deadlines sneak up fast, so start them early
- ◇ Monitor your diet, sleep, and exercise habits. Too much or too little of these can really affect your moods
- ◇ Get help in difficult classes *before* you start to struggle
- ◇ Take time to do things you enjoy

JOIN
OUR
TEAM!

Apply Now!

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

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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Campus Events & Offices

Counseling Center

878-4436

Equity and Campus Diversity

878-6210

UPD/RAD

878-6333

Student Life/Commuters

878-4631

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



Remember: It is normal to feel anxious and homesick when leaving home for the first (or even 100th!) time. If you are feeling overwhelmed, take a deep breath and remember that you are here to be the best that you can be.

YOU CAN DO THIS!

Share your questions using the hashtag

#weigelword

Look for us in The Record!



BUFFALO STATE
The State University of New York

Do Your Part

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