

The Promotional

Weigel Health Center Health Promotions

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



Peer Educator of the Month



Cynthia Lopez

Cynthia has been with us since she met us at orientation! She does excellent work for our office and is a great resource for anyone looking for more information about our office.

Did you know?

- ◇ Stress is defined as the body's response to any demand (good or bad)
- ◇ Chronic stress can affect your immune system and make you more prone to infections such as the common cold or flu
- ◇ Regular exercise can help reduce the effects of stress on the mind and body
- ◇ Planning ahead and developing good time management skills can help prevent stress from becoming a problem



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
- **Horizon Therapy Dog Workshop.....Wed. 9/7**
Learn about everything service & therapy animals do. Therapy dog present.
Bacon 117, 1:00pm
- **Paws for Love Therapy Dog.....Mon. 9/12**
Student Union Lobby, Health Promotions Table, 11:00am-1:00pm
- **Comedian Maria Falzone's Sex Rules!.....Tues. 9/13**
Presented by Student Life, Health Promotions & College Panhellenic Council, with funding from the Grant Allocation Committee
Student Union Social Hall, 7:00pm
- **Paws for Love Therapy Dog.....Wed. 9/14**
Student Union Lobby, Health Promotions Table, 11:00am-1:00pm
- **Health Promotions General Interest Meeting.....Fri. 9/16**
Porter Lower Conference Room (Near Orientation), 12:00pm
- **Opiate/Heroin Overdose (Narcan) Training.....Tues. 9/27**
**Participants will be provided a FREE Narcan kit following training*
Classroom B118, 5:00-6:30pm

Want to know more?

Contact Us!



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

TO DO LIST

1. **SO**
2. **MANY**
3. **THINGS**



Start the semester off right by getting ahead! Get yourself a calendar or planner and keep track of everything you need to do, then get started!



BUFFALO STATE
The State University of New York

Do Your Part

Iss. **12**
9 **16**