# The Promotional

*What's up with Health Promotion?*

The Weigel Wellness Center's Health Promotion office is the prevention and education division of the college's health services. We provide a number of workshops and educational materials along with resources for hosting your own workshops.

## September 2018

- **Yoga**
  - What: Free yoga classes for students
  - Where: Student Union, lower Student Lobby
  - When: Every Monday at 3:00pm, Wednesday at 4:30pm, and Saturday at 12:00pm!
- **Exercise Classes**
  - What: Free core exercise classes for students
  - Where: Student Union, lower Student Lobby
  - When: Every Wednesday (full body conditioning) at 2:00pm and Thursday (overall conditioning, with a focus on core) at 3:00pm
- **Drum Circles**
  - What: Destress in a drum circle, making music with your peers!
  - Where: Student Union, lower Student Lobby
  - When: September 21st at 12:15pm, October 4th at 12:15pm
- **Beat Stress for Academic Success**
  - What: Learn healthy ways to predict and cope with stress and to manage anxiety
  - Where: Student Union, lower Student Lobby
  - When: The first Tuesday of every month at 10:00am, next is October 2nd, 10:00am

### How do I get involved in Health Promotion?

The Health Promotion office organizes tons of workshops and we need the students — that's YOU! — to help us do it. We hold all kinds of events about all kinds of topics, from sexual health and domestic violence, to stress management. Working with us provides a number of opportunities for leadership and organizing, and is a great cross disciplinary experience for ALL majors!

To get involved, please visit our website to fill out the Student Application, and then email Paula Madrigal (see below)! Hope to see you seen!

**Contact Health Promotion: Paula Madrigal, 878-4719, madrigpa@buffalostate.edu**

**Website: weigel.buffalostate.edu/health-promotion**