

SPRING '19



csusb_phe



csusb.edu/student-health-center



(909) 537-3295

APRIL 9 & 10

Fitbit Challenge

APRIL 9: 11:00 am - NOON
RecWell Center, Rm. 203

APRIL 10: 4:00 pm - 5:00 pm
University Hall, Rm. 242

Are you looking for motivation to increase your physical activity? This workshop will teach you the benefits of setting up your personal step goals. Participants can also win small prizes through weekly challenges and an opportunity to win a grand prize! To reserve a Fitbit, contact Melissa Acuna at melissa.acuna@csusb.edu. Rentals are on a first come, first served basis.

APRIL 11

Health Howl

10:00 am - 2:00 pm
Library Lawn

The Be Well Yoties Collaborative presents it's first annual Health Howl Event! Stop by this interactive tabling event to learn how to improve your health and wellness from various departments on campus. The first 100 students who participate get a free T-shirt!

APRIL 22

Eco-Friendly Menstrual Cup

4:00 am - 5:00 pm
Meeting Center, Pine Room

Discover the reusable and safer alternative to tampons and pads. Learn about your own flow, the personal and environmental benefits, and how to properly use one. Participants will also have a chance to get one for free!

APRIL 23

Pot Party

NOON - 2:00 pm
Library Lawn

You're invited to our pot party! Come plant your very own succulent while learning the myths and facts about marijuana, succulents available to students while supplies last.

APRIL 24

The Buzz

4:00 - 5:00 pm
The Meeting Center, Pine Room

Whether you already drink with friends and family, or are thinking of trying it for the first time, knowing the facts about alcohol can help your next social gathering be a great one. This workshop will help you understand the basics of alcohol, alcohol safety, common myths, and other tips to help your next night out stay safe and lively

APRIL 29

Sports Lab

NOON - 2:00 pm
Coyote Walkway
(Between library and SMSU)

Hey Yoties! Come join us for lots of sports, games and prizes, to get your body moving as you get ready for that summer glow! We will see you there.

MAY 13 - 15

Sex Week

SMSU Building
Flyer to follow & Instagram

Sex Week is a series of events that educates students on sexual health, encourages them to have open conversation about sex, and discuss the importance of consent. Everyone is invited and welcomed.

TBA

Pet Away Worries & Stress

Pet Away Worries and Stress (P.A.W.S.) is a getaway to relax and take a break from studying before finals week. This event includes therapy dogs, henna, nap hammocks, games and coloring. Stop by to get a study kit!



Student Health Center
Health Promotion

For any disability-related accommodation, please contact Melissa Acuna at (909) 537-3655 or melissa.acuna@csusb.edu