

The Student Wellness Team provides programs to make you feel great and perform better in college. For more info: Stop into 114 SU, or call (716) 645-2837.



STUDENTWELLNESSTEAM

health services • counseling services • wellness education services

# November What the Health

## Ongoing Programs

Mondays

### Noontime Yoga

October 5 to November 11  
12:30pm - 1:30pm  
210 Student Union

### Intro Yoga

October 5 to November 9  
3:00pm - 4:30pm  
271 Richmond Quad  
Ellicott Complex

Tuesdays

### Universal Yoga

October 13 to November 17  
4:30pm - 6:00pm  
75 Alumni Arena

Wednesdays

### Farmer's Market

September 1 to December 2  
11:00am - 3:00pm  
Founder's Plaza  
Capen Overhang

### Noontime Yoga

October 5 to November 11  
12:30pm to 1:30pm  
210 Student Union

Wednesdays

### Pilates

September 30 to November 4  
4:00pm - 5:00pm  
271 Richmond Quad  
Ellicott Complex

Thursdays

### Morning Yoga

October 1 to November 5  
9:00am - 10:30am  
210 Student Union

Fridays

### International Student Discussion Group

1:00pm to 2:30pm  
306 Student Union

### Nature Walks

4:00pm to 5:00pm  
Meet in 114 Student Union

### Quit Smoking Drop-In Clinic

Through December 4  
11:00am to 2:00pm  
114 Student Union

## Special Events

### Eat Healthy, Live Better

Improving eating habits and lifestyle takes time and commitment, especially for college students. Small efforts can help you feel better, reduce your stress level, and keep you healthy. Find out how you can make healthy eating an easy part of a healthy lifestyle. Sign up with the WES Registered Dietician for a Nutrition Assessment by calling 645-2837. Appointments are Tuesday and Fridays, 9:00am to 12:00pm, and Wednesdays 1:00pm to 4:00pm.

### Nature Walks

Nature Walks invites all UB community members to participate in weekly explorations on-foot of the natural world surrounding us. While walking, we will observe wildlife, plants, geological features and how they are coexisting with human infrastructure and activity. Nature walks will go out year-round, in all weather, in an attempt to appreciate the many beautiful and varied faces of nature. Meet Fridays at 4:00pm inside 114 Student Union to immediately head out-of-doors for an hour-long walk.

### Great American SmokeOut® 2009

The American Cancer Society holds the Great American Smokeout® every year on the third Thursday in November. This year the Great American Smokeout® will take place on November 19, 2009. The purpose of the event is to set aside a day to help smokers quit smoking, quit using tobacco products, for at least one day, with the hope that they will quit completely. Not only does the event challenge people to stop using tobacco, it helps to raise awareness about the dangers of smoking and the many effective ways available to quit smoking permanently.

**Check out:** UBreathe Free Information Tables

Harriman Hall, 11:00am – 2:00pm  
Ellicott Food Court, 11:00am – 2:00pm

inhale life  
**UBreatheFree**  
supporting a smoke-free campus

### 16 Days of Activism Against Gender Violence

November 25-December 10

16 Days of Activism Against Gender Violence is an international campaign which emphasizes the connection of violence against women as a violation of human rights. The 16 Days Campaign has been used as an organizing strategy by individuals and groups around the world to call for the elimination of all forms of violence against women by raising awareness about gender-based violence as a human rights issue at the local, national, regional and international levels.





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## Events Calendar November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
1	2	3	<b>SafeZone Training</b> 6:00pm - 9:00pm 145A Student Union  <b>UBreatheFree Volunteer Opportunity!</b> Cigarette Butt Clean-up 12:00pm - 1:00pm Meet at N. Campus Farmer's Market	4	5	6	7		
8	9	<b>Be a Real Man: How do Gender Roles Impact College Men?</b> 4:00pm - 5:00pm 145E Student Union	<b>QPR: Suicide Prevention Training</b> 9:00am - 11:00pm 210 Student Union  <b>Plan Your Quit: Smoking Cessation Workshop</b> 12:00pm - 1:00pm 235 Student Union	10	11	12	13	14	
15	16	<b>Home for the Holidays: Readjusting to Family Life</b> 12:00pm - 1:00pm 250 Student Union  <b>How to Help a Sexual Assault Survivor</b> 1:00pm - 2:00pm 210 Student Union	<b>What Does It Mean to be a "Man" at UB?</b> 1:00pm - 2:00pm 210 Student Union	<b>Transgender 101</b> 4:00pm - 5:00pm 250 Student Union  <b>Partying Too Much?</b> 5:00pm - 6:00pm 145E Student Union	17	18	19	20	21
22	23	24	25	26	27	28			
29	30	<b>Cultural Cooking Series: Part III</b> Register at: <a href="http://workshops.buffalo.edu">workshops.buffalo.edu</a> Thurs. Nov. 19 5:30pm - 7:30pm Community Building South Lake Village							

For information regarding these or any WES programs, please contact Jamie or JJ at: [Stu-wellnessed@buffalo.edu](mailto:Stu-wellnessed@buffalo.edu)