**What the Health**

Is produced by Wellness Education Services (WES), a department of the Student Wellness Team. WES provides programs to make you feel great and perform better in college. For more info, stop in at 114 SU, call (716) 645-2837 or visit wellness.buffalo.edu.

**January/February 2016**

### Ongoing Programs

**North Campus**
- Quit Smoking Walk-in Clinic
  - Thursdays & Fridays
  - 11:00 AM—2:00 PM
- Wellness Education Services
  - 114 Student Union
- Massage @ North Campus
  - FREE 10 minute chair massage
  - Wednesdays
  - 9:30-12:30
  - 114 Student Union
- Stop in at 114 Student Union to make an appointment or call 645-2837.

**South Campus**
- Gentle Hatha Yoga
  - Mondays & Wednesdays
  - 5:00-6:15 PM
  - 10th Floor, Goodyear Hall
- Snacks on South
  - Wednesdays
  - 11:00 AM—2:00 PM
  - Look for the location of our fruit bowls on Facebook
- Free Chiropractic Care
  - Mondays—1:00-5:00 PM
  - Wednesdays
  - 9:00 AM—12:00 PM and 1:00-5:00 PM
  - Michael Hall
  - Please call 685-9631 to make an appointment. Make sure to identify yourself as a UB student.

### Featured Activities

**National Eating Disorder Awareness Week**

**“Color Me Beautiful”**

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<td><strong>Wednesday, February 24</strong></td>
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**Student Union Social Hall**

Activities include:
- Coloring Art Activity – What Color is Your Soul?
- Eating Disorders and people of color and LGBTQ groups
- Positive Body Image Display
- Mental Health Resources
- Intuitive Nutrition Demonstration
- Yoga, Relaxation and Mindfulness
- Games and Prizes

**Workshop: Supporting Someone with an Eating Disorder**

**Wednesday, February 24**

**4:00—5:00 PM**

**306 Student Union**

Knowledge is key and hope is essential in supporting anyone affected by an eating disorder. This discussion will help you find ways to cope as well as assist those in your life who may be struggling with eating disorder and body image issues.

*Register at workshops.buffalo.edu

**Love and Support Day**

**Thursday, February 11th, 2016**

**11AM—2PM in Student Union Lobby**

Wellness Education Services will be holding its annual Love & Support Day event. Love & Support Day is about learning to love and support yourself, your friends, your community and your environment.

**Hoops for Hope**

3rd Annual 3-on-3 Basketball Tournament Benefiting Crisis Services

**Sunday, February 7th @ 12 PM**

(Registration @ 11), Clark Hall Main Gym

- $10/player (100% goes to Crisis Services)
- Open to all members of the community 17+
- Prizes will be given to the top 3 teams.
- Email amaracle@buffalo.edu to register
The Student Wellness Team, comprised of Health Services, Wellness Education Services and Counseling Services, fosters optimal academic functioning and social development through services and strategies that enhance multiple dimensions of individual health and cultivates an environment supportive of lifelong healthy behaviors.

Wellness Education Services
114 Student Union (North)
3rd Floor, Michael Hall (South)
(716) 645-2837

Counseling Services
120 Richmond Quad (North)
201 Michael Hall (South)
(716) 645-2720

Student Health Services
Michael Hall (South)
(716) 829-3316

Life and Learning Workshops
Workshops.buffalo.edu

**Men’s Group Mondays**
Monday, February 1 (5:00-6:00PM)
114 Student Union

**How to Help a Sexual Assault Survivor**
Wednesday, February 10 (2:00-3:00PM)
103 Diefendorf Hall, South Campus

**What Would You Do?**
Bystander Intervention Training
Thursday, February 11 (3:30-4:30PM)
208 Diefendorf Hall, South Campus

**Meditation 101**
Friday, February 12 (3:00-4:00PM)
Greiner B116

**Coffee Night With the Alliance:**
Advocating for Women’s Health and Safety
Thursday, February 18 (5:30-6:30PM)
114 Student Union

**You + Me = ?**
An Open discussion about Relationships
Tuesday, February 23 (3:30-4:30PM)
210 Student Union

**Stress Relief on the Go**
Thursday, February 25 (5:00-6:00PM)
250 Student Union

**Question, Persuade, Refer:**
Suicide Prevention (QPR)
Monday, February 29 (3:00-5:00PM)
250 Student Union

**Eat Better Together**
Wednesday, February 10
6:00-8:00 PM
B120 Greiner
Making and eating food together sustains the body and the soul. Cook and eat with other students. All students are welcome! Contact Janice Cochran (jcochran@buffalo.edu) for more information.

**Violence Prevention Peer Groups**

**UB Men’s Group**
The Men’s Group is a Nationally recognized, award winning peer led group of men and women who educate and train the campus community on sexual violence. This group focuses on education and advocacy for the prevention of sexual violence.
www.facebook.com/TheMensGroup

**Student Survivor Advocacy Alliance**
The Student Survivor Advocacy Alliance is a Nationally recognized peer-run, university-facilitated group that seeks to unite survivors of sexual assault with allies here at UB and take a stand against rape, sexual assault, and intimate partner violence. The Alliance works through activism and advocacy.
www.facebook.com/UBAlliance

**LGBTQ Student Groups**
- LGBTQ Students of Color Group
- Queer Women’s Group
- Queer Men’s Meet Up
- Bi, Pan & Queer Sexualities Meet Up
- Trans Advocacy Group

All LGBTQ Meet Ups take place in 114 SU
Log onto http://wellness.buffalo.edu/wes/lgbtqevents.php for more info

**LGBTQ Dinner Club**
Thursday, February 11
6:00—8:00 PM
C134 Greiner
Join us to meet new people, share stories and build a stronger community with other LGBTQ individuals at UB.
RSVP to well-ublgbtq@vpsa.buffalo.edu