



**STUDENTS 4
PUBLIC HEALTH**

GBM 1 SPRING '23

Welcome back to campus for the Spring semester!!

MEET OUR EXEC BOARD!



President:
Sandhya Muthuramalingam



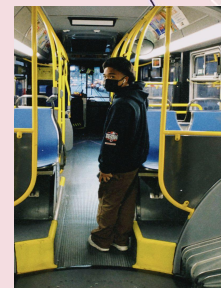
Vice President:
Nalani Bott



Treasurer:
Cleo Chan



Secretary:
Khushi Shah



Public Relations:
Chris Olfato



Public Relations:
Natalia Garcia



Social Chair:
Katheryn Ferman



SSF Chair:
Amber Davis



Community Service Chair:
Gabrielle Aquino



Fundraising Chair:
Brett Machugh





S4PH MISSION

Students 4 Public Health is a student organization dedicated to **preventing, promoting, and protecting** the students of San Diego State University, as well as the community at large.



Our goal: To raise awareness of disease by promoting healthy behaviors, preventing illnesses, and protecting the members of the community through community service, distribution of educational resources, and collaborative projects.



SPRING 2023 SCHEDULE

Recently released our updated GBM schedule for the semester on Instagram!

Biweekly GBMs on Wednesdays at 2-3 PM

Our next GBM will be in two weeks on Zoom!!



Google Events Calendar



SAN DIEGO STATE UNIVERSITY

STUDENTS FOR PUBLIC HEALTH

Preventing, Promoting, & Protecting

SPRING 2023 GENERAL BODY MEETINGS:

Biweekly on Wednesdays at 2-3 PM

02/1: GBM 1 (Legacy Suite)

2/15: GBM 2 (Zoom)

3/1: GBM 3 (Legacy Suite)

3/15: GBM 4 (Zoom)

4/5: GBM 5 (Legacy Suite)

4/19: GBM 6 (Zoom)

*Schedule is tentative and subject to change
Meetings are either in-person **or** fully virtual

LEGACY SUITE: 3rd floor of Student Union
(to the right of the GoodFriend Lounge)

POINT SYSTEM

- **3 GBM:** Biweekly General Body Meetings on Wednesdays
- **1 Social:** Attending social events
- **2 Fundraising:** Attending or contributing to fundraising events
- **2 Community Service:** Attending community service activities
- **2 SSF: (Previously Educational in the Fall):** Attend any of our SSF events

= Active Membership: 10 Points Total Required

MEMBERSHIP DUES

- **How much?**

NEW members: **\$15**

♥ RETURNING members: **\$10**

- **Payment method:**

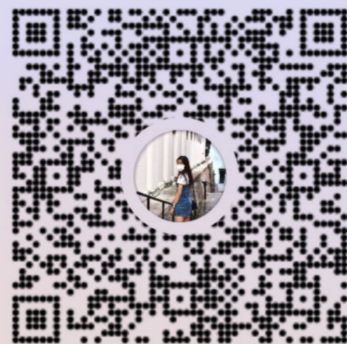
Venmo: @S4PHTreasurer

Payment will be ♥ to confirm it's been received!

DUE BY THE THIRD MEETING: March. 1st, 2023!

Students for Public Health

@S4PHTreasurer



venmo



ICEBREAKER



- You will be split into groups and will have to introduce yourself. Make sure to share where you are from along with your major, year, and career plans!
- Once you have done the above, you will need to discuss amongst your group and answer this question:
- **If you were stranded on an island, what 3 items would you want to have with you in order to enjoy your time?**

You will have approximately 6 minutes to do this.

The background is a light pink color with a repeating pattern of various heart-related icons. These include solid red hearts, white hearts with black outlines, blue hearts with radiating lines, pink flowers, and cherries. The word "Be mine" is written in a small, pink, cursive font throughout the pattern. The main title is in large, bold, red, sans-serif capital letters.

STUDENT SUCCESS FEE (SSF) EVENTS

S4PH will be hosting several SSF sponsored events
throughout the semester



SSF EVENTS

POINT REQUIREMENT

You can attend any SSF event(s) as long as they add up to **3** points!

CAREER DEVELOPMENT WORKSHOP

Resume Basics

Thursday, February 16 from 1-1:30pm

📍 Via Zoom!

Zoom link: bit.ly/S4PHGBM

SEXPLORATION

Give Yourself a Hand

with Dr. Jenn Gunsallus

Wednesday, February 22nd at 11am-1pm

📍 Templo Mayor

**RSVP form will be released today!!*

Sexercises

with Jade Sano, PT, DPT, OCS and Chelsea Boomer, DPT

Thursday, April 20th at 7-8:30pm

📍 via Zoom

**RSVP form will be released today!!*

There will be a mix of virtual/in-person options for everyone to pick from!
Each of these opportunities listed are worth **1 SSF Point!**



GIVE YOURSELF A HAND: EXPLORING MASTURBATION, SELF-PLEASURE, AND CREATIVITY

RSVP: bit.ly/giveyourselfahand

Wednesday, February 22nd at 11am-1pm

Templo Mayor



RSVP to reserve a seat!

FREE VIBRATORS FOR THE FIRST 100 ATTENDEES!!
(first come first serve at the event!!)

Have you ever tried meditative masturbation? Or a body mapping exercise? Or seen a vulva dancing and singing? Dr. Jenn will be visiting campus to lead a candid and informative discussion about masturbation, pleasure, mindfulness, creativity, and self-exploration. She will cultivate a fun and accepting environment and attendees will learn how to use masturbation as a tool for self-discovery and self-expression. This talk will provide a valuable opportunity for students to gain a deeper understanding of their bodies and their pleasure, and to gain the confidence and tools to explore their sexuality in a healthy and fulfilling way.

Worth 1-SSF point

A promotional graphic for the event. It features a hand holding a gold coin with the text 'GIVE YOURSELF A HAND with S4PH'. To the right, a woman's arm is shown with a tattoo that reads 'Masturbation, Self-pleasure & Creativity'. Below the hand, there is a yellow box containing text about the event. In the bottom right corner, there is a portrait of a smiling woman with blonde hair.

Wednesday, Feb. 22nd
11am-1pm
Templo Mayor
RSVP: bit.ly/giveyourselfahand

GIVE YOURSELF A HAND
with S4PH

Masturbation, Self-pleasure & Creativity

Have you ever tried meditative masturbation? Or a body mapping exercise? Or seen a vulva dancing and singing? Dr. Jenn will be visiting campus to lead a candid and informative discussion about masturbation, pleasure, mindfulness, creativity, and self-exploration. She will cultivate a fun and accepting environment and attendees will learn how to use masturbation as a tool for self-discovery and self-expression. This talk will provide a valuable opportunity for students to gain a deeper understanding of their bodies and their pleasure, and to gain the confidence and tools to explore their sexuality in a healthy and fulfilling way.

SEXERCISES

RSVP: bit.ly/s4phsexercises

Thursday, April 20th at 7-8:30pm

📍 Virtual via Zoom



Join Physical Therapists, Chelsea Boomer, DPT and Jade Nishiki Sano, PT, DPT, OCS, as they discuss stretches and exercises that can be utilized to relieve pain and increase pleasure during sex. Students will have the opportunity to explore their bodies from a medical standpoint through stretches, relaxation techniques, and a discussion on the do's and don'ts. Furthermore, Boomer and Sano plan to discuss the psychological component of sex and body image in a physical way, and instances when individuals should connect with their health provider due to pain or discomfort during sex.

Worth 1 SSF point



JOIN S4PH FOR SOME
SEXERCISES
WITH



CHELSEA BOOMER, DPT & **JADE NISHIKI SANO, DPT**

JOIN PHYSICAL THERAPISTS, CHELSEA BOOMER, DPT AND JADE NISHIKI SANO, PT, DPT, OCS, AS THEY DISCUSS STRETCHES AND EXERCISES THAT CAN BE UTILIZED TO RELIEVE PAIN AND INCREASE PLEASURE DURING SEX. STUDENTS WILL HAVE THE OPPORTUNITY TO EXPLORE THEIR BODIES FROM A MEDICAL STANDPOINT THROUGH STRETCHES, RELAXATION TECHNIQUES, AND A DISCUSSION ON THE DO'S AND DON'TS. FURTHERMORE, BOOMER AND SANO PLAN TO DISCUSS THE PSYCHOLOGICAL COMPONENT OF SEX AND BODY IMAGE IN A PHYSICAL WAY, AND INSTANCES WHEN INDIVIDUALS SHOULD CONNECT WITH THEIR HEALTH PROVIDER DUE TO PAIN OR DISCOMFORT DURING SEX.

THURSDAY, APRIL 20TH AT
7-8:30 PM
VIRTUAL VIA ZOOM
RSVP: [BIT.LY/S4PHSEXERCISES](https://bit.ly/s4phsexercises)



INTERN!

Students 4 Public Health is looking for interns for the Spring Semester! While interning you'll be able to shadow and assist executive board members, gain leadership experience, and understand what happens behind the scenes of a recognized student organization. If you are interested in being in the executive board it is highly recommended to apply!

Due 2/19 at 11:59 PM



ZIP LAUNCHPAD- CHINYEH HOSTLER SOCIAL VENTURE CHALLENGE

- **What?**
 - **Challenge to find a solution to a social issue**
- **When is it due?**
 - **Saturday, February 4th, 11:59pm**
- **Grand prize of \$10,000**

\$10,000 GRAND PRIZE

Are you passionate about addressing social issues
and creating positive impact in the world?

Apply TODAY for the

CHINYEH HOSTLER

Social Venture Challenge



Presented by ZIP Launchpad and
Lavin Entrepreneurship Center

SDSU | San Diego State
University



Applications Due by 11:59pm

**SATURDAY,
FEBRUARY 4**

Winning Team Will Receive \$10,000 Grand Prize!

SCAN QR Code to Learn More,
or Visit <https://ziplaunchpad.sdsu.edu/events/socialventure>



Join Our GroupMe! :)

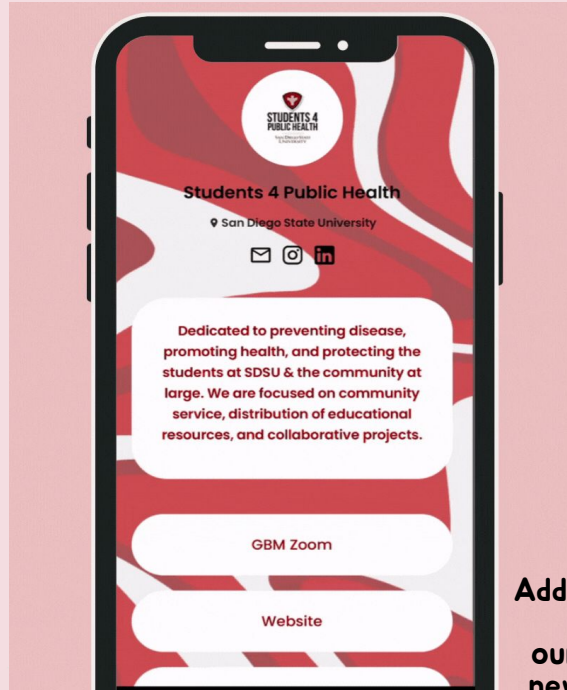


Stay connected with us!

We mainly communicate new updates through Instagram & GroupMe

IG: @students4publichealth

Access important links through our Beacons!



Add your email to get our biweekly newsletters!

Photo Circle



Photo Sharing App!



SIGN IN!

Scan this QR code to sign in for your first GBM point!!

POINT SUBMISSION FORM

- Scan the QR Code here to fill out the Point Submission Form
- Use for any event outside of GBM within 48 hours



THANKS!

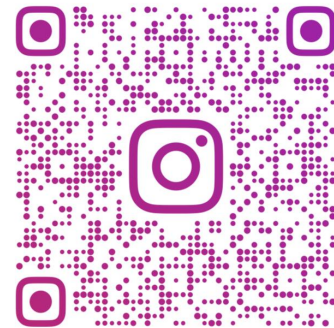
DO YOU HAVE ANY QUESTIONS?

IG: students4publichealth

Website: students4publichealth.weebly.com

LinkedIn: SDSU students 4 public health

See you at the next GBM!!



@STUDENTS4PUBLICHEALTH