



# GBM 2

## S4PH

Welcome to our 2nd meeting!!



Please welcome our guest speaker!

# Rea Alvarez

MPA, Analyst

Public Health Preparedness and Response Medical Operations Center  
County of San Diego Health & Human Services Agency

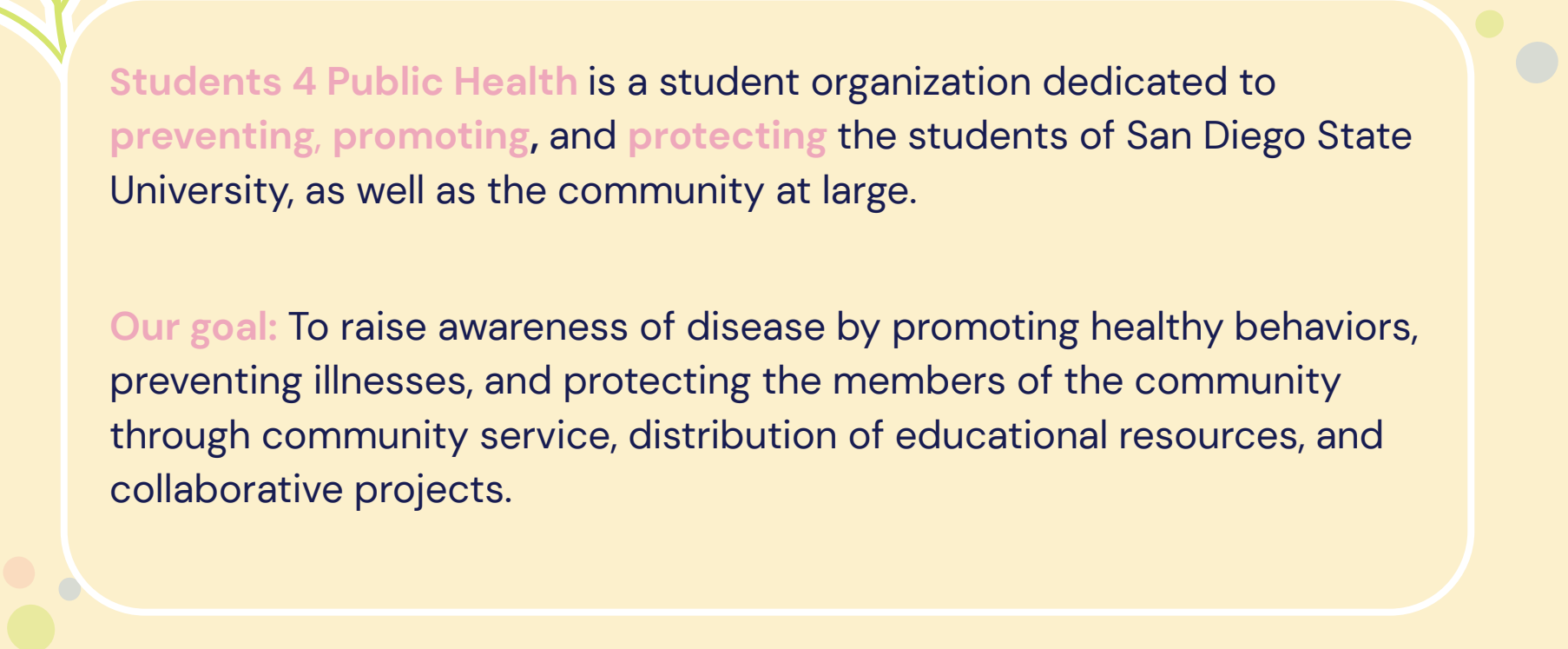




# S4PH Mission

**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

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**



# Activity!

If you had to rate your Valentine's day mood, what would you rate it?



# Membership Dues

- **How much?**

NEW members: **\$15**

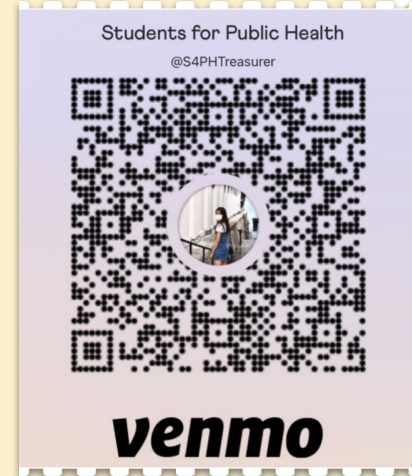
RETURNING members: **\$10**

- **Payment method:**

**Venmo:** @S4PHTreasurer

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

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



# Dance Marathon Fundraising



- Donate any amount to our team and get **1 fundraising point!**
- Can donate again and get another point for this semester



## Point requirement

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

# SSF Events

## Career Development Workshop

### Resume Basics

Thursday, February 16 from 1-1:30pm

📍 Via Zoom!

Zoom link: [bit.ly/S4PHGBM](https://bit.ly/S4PHGBM)

## Sexploration

### Give Yourself a Hand with Dr. Jenn Gunsallus

Wednesday, February 22nd at 11am-1pm

📍 Templo Mayor

### Sexercises

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

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

📍 via Zoom

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](https://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**



Wednesday, Feb. 22nd

11am-1pm

Templo Mayor

RSVP: [bit.ly/giveyourselfahand](https://bit.ly/giveyourselfahand)

SDSU Student Affairs and Campus Diversity  
Student Success Fee



**FIRST 100**  
attendees will  
receive a **FREE**  
vibrator

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.

Masturbation, Self-Pleasure  
& Creativity



# Sexercises

RSVP: [bit.ly/s4phsexercises](https://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

A colorful event poster for 'Sexercises'. At the top, it says 'JOIN S4PH FOR SOME SEXERCISES WITH CHELSEA BOOMER, DPT & JADE NISHIKI SANO, DPT'. Below the text are two headshots of the speakers. The bottom section contains a description of the event, the date and time, and the RSVP link. The poster is decorated with hearts, stars, and illustrations of people exercising.

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)

STUDENTS 4 PUBLIC HEALTH  
SAN DIEGO STATE UNIVERSITY

# Point Opportunity: Hot Chocolate Run

The Hot Chocolate 15k/5k is seeking volunteer groups to assist with the "Race Day" event at Petco Park on Sunday, March 19th from 5:30am-11am. Volunteers will be stationed at either the start line, finish line, Chocolate tent, Gear Check tent, and various other locations along the 15k! All volunteers will receive a goodie bag to commemorate this experience!

**\*\*REQUIRED** to be present during the whole duration\*\*

Due to the demand of volunteers needed, we will be offering members:

**\*2 FUNDRAISING POINTS\*** towards active membership!

(Drivers will receive an extra point)

Show interest by filling out our Google Form:  
[Bit.ly/S4PHhotchocolate](https://bit.ly/S4PHhotchocolate)



# Coffee Hours



**WHAT:** Come chat with our Students for Public Health Executive board on Zoom! You will be able to get advice on your pathway into public health, your career, college, classes, networking or anything else you may have questions on! You can ask questions or even just come in to say hi! Our main goal with this is to build a support system for you all throughout your college experience.

**WHEN:** Mondays @11-12pm on 2/20, 3/6, 3/20

**WHERE:** Zoom 

? ? ? Questions? Concerns?

Alternative meeting dates for individuals will be made if enough people request for a specific date and time. You must send us an email with your concern and preferred date/time. However, there is no guarantee since E-Board must be present and may be busy at select times, so please try your best to attend one of the dates above. We will try our best to meet and accommodate you!

**Worth 1 Social point**

# Intern Application!



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**



# Graduate School of Public Health Student Council: Merch!

**SCHOOL OF PUBLIC HEALTH MERCH**

**WOW! WOW! WOW!**

**SO HIP! SO HIP!**

Sticker \$3

Tote Bag \$15

100 100 100

**TRENDY TRENDY TRENDY**

T-shirt \$20

Sweatshirt \$35

**BUNDLES**

**PACKAGE A**

**100% SALE!**

Crewneck Tshirt = ~~\$70~~ \$60  
Tote Bag = ~~\$10~~ \$9

**15% OFF**

**PACKAGE B**

**DEAL! 🤔**

Tshirt = ~~\$35~~ \$31.5  
Tote Bag = ~~\$5~~ \$4.5

**10% OFF**

**PACKAGE C 🤔**

**STEAL!**

Crewneck = ~~\$50~~ \$45  
Tote Bag = ~~\$5~~ \$4

**10% OFF**

- Merch from the Graduate SPH Organization
- Order Form: <https://docs.google.com/forms/d/e/1FAIpQLSelvjal3o76ZiKhDKM-7Q5dtMTbbOIwjJ8aebGXAZzzQKkXWw/viewform>

# County of San Diego Student Worker Position

- Department of Homeless Solutions and Equitable Communities – Office of Equitable Communities
- Essential Job Functions:
  - Design a variety of communication and presentation materials
  - Write, review, and revise blogs, handouts, reports, and success stories
  - Collect, analyze, and synthesize data and information
  - Create/help and curate social media content
  - Assist with meeting coordination/facilitation
  - Communicate with colleagues and community partners
  - Support regional special events and projects
- Commitment of 12 months (15–20 hours a week)
- PAID



# County of San Diego Student Worker Position

- How to Apply
  - Go to [governmentjobs.com/careers/sdcounty](https://governmentjobs.com/careers/sdcounty) and search “Student Worker–Undergraduate, Graduate/Tech and High School”
  - Click “Apply” and complete the application
  - Once complete, email your confirmation email, a resume, and a statement of interest to **Lorena Muralles** at [lorena.muralles@sdcounty.ca.gov](mailto:lorena.muralles@sdcounty.ca.gov)
  - Deadline to submit the application: **March 1, 2023 at 11:59 PM PST**

# 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





Join Our GroupMe! :)

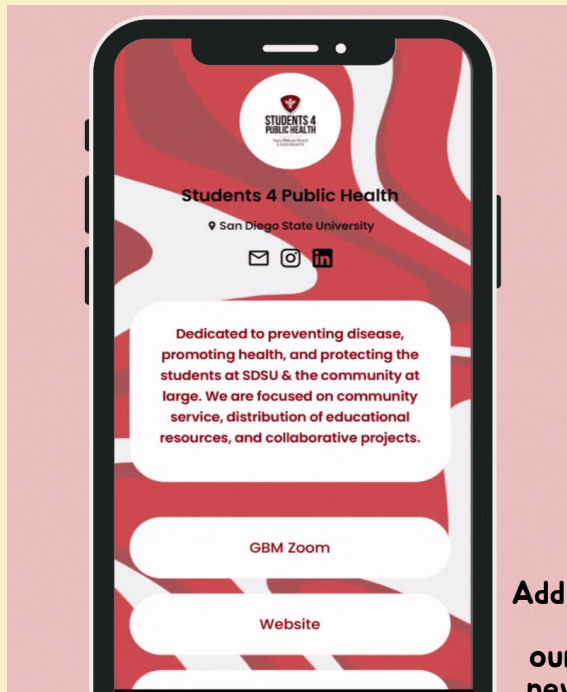


Stay connected with us!

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 a GBM point!!



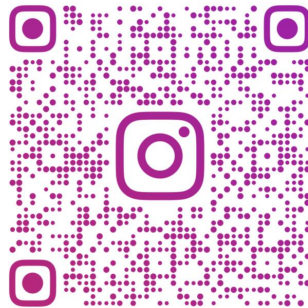
# Thanks

**IG:** students4publichealth

**Website:** students4publichealth.weebly.com

**LinkedIn:** SDSU students 4 public health

See you at the next GBM!!



@STUDENTS4PUBLICHEALTH