



STUDENTS 4
PUBLIC HEALTH

GBM 3
***Students for
Public Health***

Welcome to our 3rd GBM!!



GBM 3



CHRISTINE CMORIK

- Professor of Honors and Public Health
- Director of Education at Planned Parenthood
- Marriage and Family Therapist

Wednesday, March 1st
Legacy Suite
2pm-3pm

Guest Speaker: Professor Cmorik

Adjunct Professor of Honors and Public Health

Planned Parenthood Director of Education

Marriage and Family Therapist








***Professor Cmorik
Contact Information***



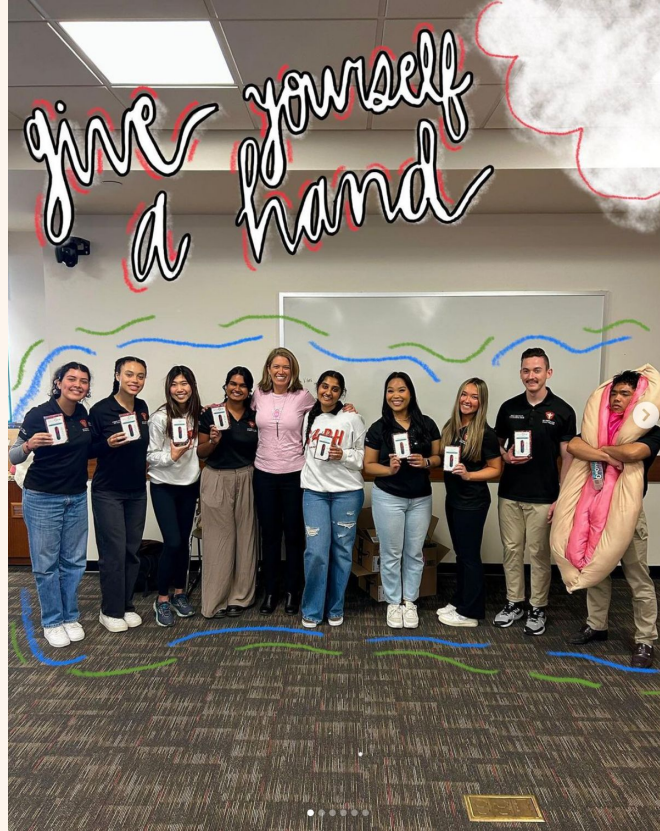
Chrissy Cmorik
Director of Education at Planned
Parenthood



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F: 619.542.0486
C: 858.692.5035
ccmorik@planned.org**




✦ **Thank you to everyone who came
to Give Yourself A Hand!!** ✦







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



Membership Dues

- **How much?**

NEW members: **\$15**

RETURNING members: **\$10**

- **Payment method:**

Venmo: @S4PHTreasurer

Payment will be  to confirm it's been received!

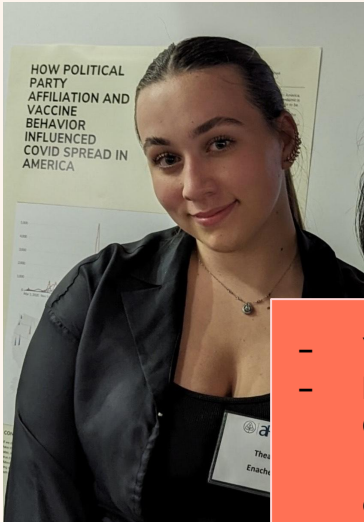
DUE TODAY BY 11:59!!



Interns!!



Thea Enache



- **Year:** 1st
- **Major:** PH and CS focusing on Global Health/Health Disparities in her native country of Romania due to post communist corruption
- Finds epidemiology and bioinformatics interesting



Elora Shakoor



- **Year:** 2nd
- **Major:** PH with a minor in Statistics
- **Career track:** Aiming to get an MPH and PhD in Public Health; wants to study the intersection of mental health and public health through the use of biostatistics.

Graduation Stole Update

- Unfortunately, we did not receive funding for stoles :(
- However, everyone who filled out the Stole Google Form will be receiving a **graduation cord and charm!**
- Distribution date is at our Banquet (Date TBD), but we will keep you all updated!



Epic Wings Fundraiser

- We have a fundraiser coming up on **Monday March 20th**
 - 10:30am to 10:30pm
- Epic Wings n' Things on the corner of College ave & Montezuma road
- Please **RSVP** for the event because we need 20 people signed up for the event to happen!
- Can earn **1 fundraising point!**





Remaining SSF Events

Point requirement

You can attend any SSF event(s) as long as they add up to 2 points!

Sexploration

Sexercises

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

Thursday, April 20th

7-8:30pm

 **via Zoom**

There is only 1 SSF event left for this semester!!

Each of these opportunities listed are worth **1 SSF Point!**



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

The poster features a red and yellow color scheme. At the top, it says 'JOIN S4PH FOR SOME SEXERCISES WITH' followed by two photos of the speakers, Chelsea Boomer and Jade Nishiki Sano, with their names and titles below them. A large yellow heart contains the event details. At the bottom left, there is an illustration of three women in athletic wear. The SDSU logo is in the bottom right corner.

JOIN S4PH FOR SOME
SEXERCISES
WITH

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

JOIN PHYSICAL THERAPISTS, CHELSEA BOOMER, DPT AND JADE NISHIKI SANDO, 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 SANDO 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 Volunteer

- **WHAT:** The Hot Chocolate 15k/5k is seeking volunteer groups to assist with the “Race Day” – 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!
- **WHEN:** Sunday, March 19th from 5:30am–11am.
****REQUIRED to be present during the whole duration****
- **WHERE:** 📍 Petco Park

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

2 COMMUNITY SERVICE POINTS towards active membership!

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



NOTE: If you have pre-registered via Google Forms link, please check your emails for further instruction.

Point Opportunity: Fulfilling Destiny Packing Party

What: Making Dignity Bags for those experiencing period Poverty in SD. Fulfilling Destiny's mission is to support and empower those experiencing homelessness to have their Period with Dignity

WHEN: Wednesday, March 15 @12-1PM

WHERE: 📍 Visionary Suite (Room 353) in the Student Union

1 COMMUNITY SERVICE PT OR SOCIAL PT



Fulfilling Destiny

MENSTRUAL PRODUCTS OUTREACH

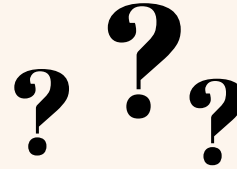
Coffee Hours



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



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
 - 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
 - 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! :)

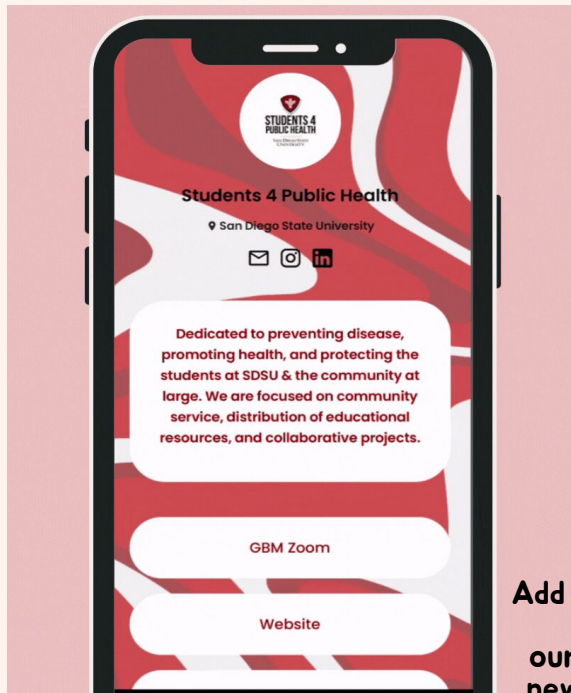


Stay connected with us!

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!!





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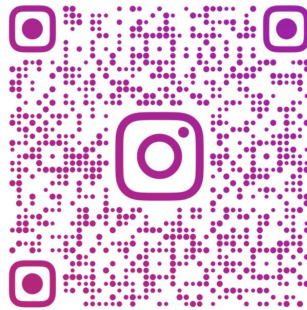
Thanks

Do you have any questions?

IG: students4publichealth

Website: students4publichealth.weebly.com

LinkedIn: SDSU Students 4 Public Health



@STUDENTS4PUBLICHEALTH