



STUDENTS 4
PUBLIC HEALTH

S4PH GBM 4!

Welcome to our 4th meeting!!

Jane Samaniego and Deisy Celis

GBM 4



Jane Samaniego, MS, PMP

**Project Manager with
FHCS**

Jane is a project management professional managing the CDC-Funded Long Covid and Fatiguing Illness Reserach Program



Deisy Celis, MPH

**Data Scientist with
FHCS**

Deisy is a data scientist with Family Health Centers of San Diego. She received her MPH in Epidemiology from UCSD.

&

**MARCH 15
FROM 2-3 PM**

ON ZOOM BIT.LY/S4PHGBM


Spring 2023 Schedule

This GBM schedule has been posted on our Instagram!

Biweekly GBMs on Wednesdays at 2-3 PM

Only 2 more GBM's left!!

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



Graduation Cords!

- Seniors 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!

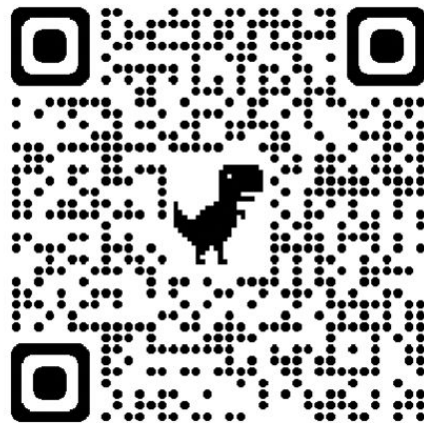


Epic Wings Fundraiser



- **WHEN:** Monday March 20th
10:30am to 10:30pm
- **WHERE:** Epic Wings n' Things
on the corner of College ave
& Montezuma road
- **HOW:** Please **RSVP** for the
event because we need 20
people signed up for the
event to happen!
- Earn 1 fundraising point!

Scan to RSVP:



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!!

Sexercises: Key to Healthy Pelvic Floor

RSVP: bit.ly/s4phsexercises

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

📍 Virtual via **Zoom**

Zoom Link: bit.ly/S4PHGBM



Join Physical Therapists, Chelsea Boomer, DPT and Jade Nishiki Sano, PT, DPT, OCS, as they discuss the function of pelvic floor for both male and female, and introduce strategies to maintain good pelvic floor health. They will also introduce 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, and instances when individuals should connect with their health provider due to pelvic floor dysfunction.

Worth 2 SSF points!! (You can get all of your SSF points towards active membership from attending this event!)

The poster features a white background with red and yellow accents. At the top left, it includes the logos for 'STUDENTS 4 PUBLIC HEALTH' and 'SDSU Student Success Fee'. The main title 'SEXERCISES' is in large, bold, red letters, with 'KEY TO HEALTHY PELVIC FLOOR' underneath. Two photos of the speakers, Chelsea Boomer and Jade Nishiki Sano, are shown with their names and titles below them. The event details are listed in a yellow heart-shaped box: 'THURSDAY, APRIL 20TH AT 7-8:30 PM', 'VIRTUAL VIA ZOOM', and 'RSVP: BIT.LY/S4PHSEXERCISES'. At the bottom, it says 'EVENT SPONSORED BY STUDENT SUCCESS FEE'. There are also small illustrations of people exercising and hearts scattered throughout the design.

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!

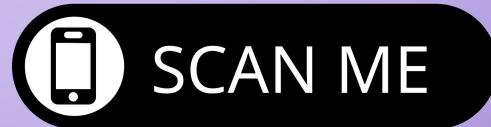


Hot Chocolate Run Carpool and Groupme

Groupme!



Carpool form!



SD Food Bank

WHAT: Volunteer with the Jacobs and Cushman San Diego Food Bank Warehouse

For Volunteering projects this may include, but are not limited to:

- Cleaning and packaging fresh produce for immediate distribution.
- Inspecting, sorting, boxing, and labeling food donations.
- Assembling food packages

WHEN: Thursday, April 6 @6-8PM

WHERE: 9850 Distribution Ave, San Diego, CA 92121, United States

1 COMMUNITY SERVICE POINT



SD Food Bank: How to Register

DEADLINE TO REGISTER IS MARCH 30TH

1. Visit <http://sdfb.volunteerhub.com/account/signin> and click “create an account”
2. Create a username and password, and click next
3. Enter join code “**st4puhe**” (join code is case sensitive), click next
4. Fill out account information and click “next”.
5. Scroll to the event date **4/6** and register for **MIRAMAR Warehouse Volunteer Evening Shift 6-8 pm** by clicking on the green “sign up” icon.

Only 10 spots open so it's first come, first serve!



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

Washington DC Trip Meeting Reminder

- Meeting on **Thursday, March 16th from 7–8pm via GBM zoom link**
- We will be discussing the itinerary, flight information, hotel information, transportation, set ground rules, and dress code expectations!
- If you cannot attend, we will be recording the meeting for you to watch at a later time

Apply to be a Career Peer!

APPLY TO BE A CAREER PEER

APPLY VIA HANDSHAKE JOB #7605567

DEADLINE: MARCH 24TH AT 12AM

We encourage applications from all historically underrepresented populations

Career Peers will be trained to:

- Review/advise students on resume building
- Deliver presentations
- Promote career programs, services, & resources
- Represent Career Services at special events

Requirements:

- Available 10-15 hrs/week
- Commitment from Aug 2023 - May 2024
- Mandatory, paid training week of Aug 7, 2023
- Junior or Senior standing for the 2023-2024 academic year
- Complete Google Form and submit resume via Handshake

Benefits:

- Paid opportunity to help others, \$16/hr
- Career & professional development
- Direct contact with employers & recruiters
- Great prep for grad school

Scan here to apply:



- Apply via Handshake by **March 24 at 12AM**
- Must be at Junior or Senior Standing
- 16/hr
- Earn skills in public speaking, marketing, networking, and more!



Join Our GroupMe! :)

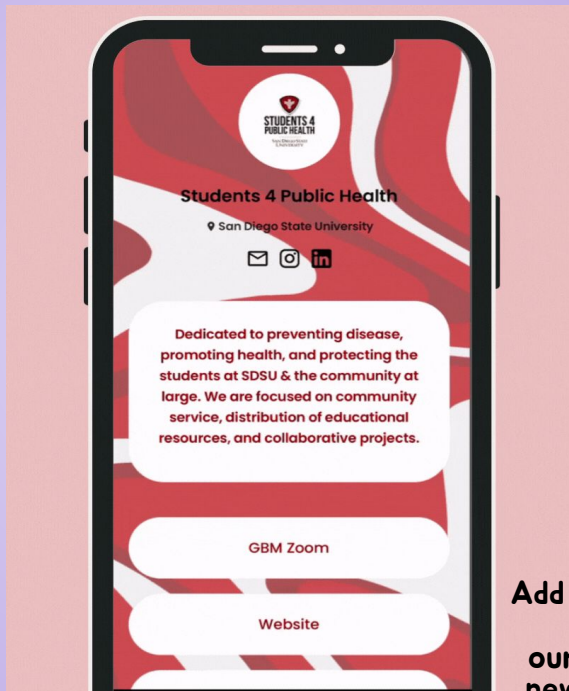


Stay connected with us!

We mainly communicate new updates through Instagram & GroupMe

IG: @students4publichealth

Access important links through our Beacons!

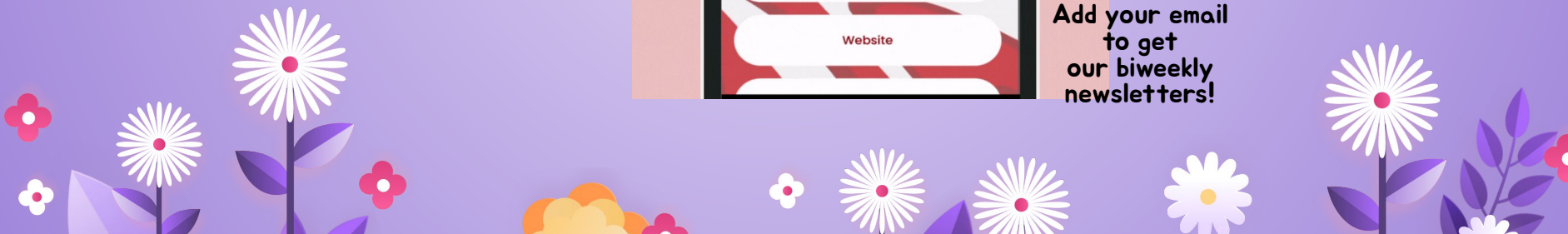


Add your email to get our biweekly newsletters!

Photo Circle



Photo Sharing App!



Sign In!

Scan this QR code to sign in
for a GBM point!!



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



**STUDENTS 4
PUBLIC HEALTH**

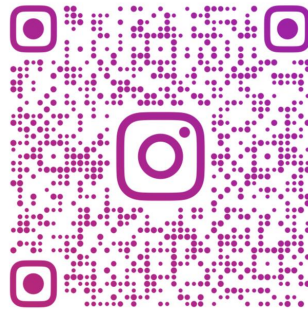
Thanks!

Do you have **any questions?**

IG: [students4publichealth](#)

Website: [students4publichealth.weebly.com](#)

LinkedIn: [SDSU Students 4 Public Health](#)



@STUDENTS4PUBLICHEALTH