



STUDENTS 4
PUBLIC HEALTH

- *S4PH* -
GBM 5

Welcome back from Spring Break and
Happy National Public Health Week!!

Washington DC Recap!





- Thank You to our Hot Chocolate Run Volunteers! -



CHARADES! – Icebreaker –

- ❖ First, you will be divided into teams!
- ❖ One member will be designated as an “actor” in each group. Those that are “actors” will receive a word. **Important:** Every actor regardless of group will receive the same word.
- ❖ You will be told when to begin playing and each team will have to guess the word based on what the actor is able to act out.
- ❖ Once the word has been guessed make sure to let the host know! This can be done in any way, but raising your hand would be the most practical.
- ❖ Whoever’s group guesses the word first WINS!


**ACTOR CANNOT MAKE SOUNDS OR
SPEAK ONCE YOUR WORD IS GIVEN!**

**HINT: Be mindful of
the organization you
are in when guessing!**

- GBM Schedule -

- Only 1 more GBM left!!
- Last GBM on 4/19 via 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**

All points must be submitted to the Spring 2023 Point Submission Form by the end of the day by **Sunday 4/30 at 11:59pm** to reach active membership and be eligible for an active member certificate!

Check your points here →



Live Well SD Venmo Fundraiser

- We are having a fundraiser on Venmo!
- It will be from April 5th to April 19th
- To donate, send to our Venmo @S4PHTreasurer with caption “Live Well SD Fundraiser”



1 FUNDRAISER POINT PER \$



Feeding SD Community Service Event

WHAT: End hunger in San Diego County by attending their Food Sorting Shift. Feeding SD is the leading hunger-relief and food rescue organization in our County and the only Feeding America partner food bank in the region

WHEN: Thursday, April 27th 6-8PM

WHERE: 9477 Waples St., Suite 100 San Diego, CA 92121 (Feeding SD Headquarters)

Worth 2 Community Service Points



**



How to RSVP for Feeding SD

Visit <https://x.gldn.io/e/Las3fW5R0xb>

Click the Orange “**Sign up**” button on the right-hand side.

Continue to fill out all requested information, and scroll down to the bottom of the page to click the orange “Sign up” button.

You will automatically be registered with group and added to the volunteer opportunity

Only 10 spots so first come, first serve



Sign up for this Opportunity

Thu, Apr 27, 2023
6:00PM-8:00PM PDT

Sign up

Swap Meet!

- WHEN: 4/12 from 2-3pm
- WHERE: Legacy Suite
- WHAT: Bring at least one piece of clothing to participate and have the chance to exchange clothes and revamp your closet



Whatever is left over will be donated to Sharia's Closet!

2 COMMUNITY SERVICE POINTS

Coffee Hour



WHAT: Come chat with our Students 4 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: Monday @11-12pm on 4/10

WHERE: GBM 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 the date stated above. We will try our best to meet with and accommodate you!

Worth 1 Social point

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!)

A promotional poster for an event. At the top left, it says 'STUDENTS 4 PUBLIC HEALTH SDSU' and 'Student Affairs and Campus University Student Success Fee'. The main title is 'JOIN S4PH FOR SOME SEXERCISES KEY TO HEALTHY PELVIC FLOOR'. Below the title are two photos of women: Chelsea Boomer, DPT and Jade Nishiki Sano, DPT. Below their names is the text 'THURSDAY, APRIL 20TH AT 7-8:30 PM VIRTUAL VIA ZOOM RSVP: BIT.LY/S4PHSEXERCISES'. At the bottom, it says 'EVENT SPONSORED BY STUDENT SUCCESS FEE'. The poster features a pink and white color scheme with heart and flower motifs. In the bottom right corner of the overall image, there is a cartoon illustration of a brown rabbit.



National Public Health Week with ASPPH

- WHEN: 4/6 and 4/7 from 2-3pm EST
- WHERE: Register through aspvh.org
- WHAT: Learn more about public health and celebrate National Public Health week with a nationally recognized organization!



1 SSF POINT PER WEBINAR


Experience Public Health

Learn about opportunities with the NYC Health Department, CDC, Health Career Connection, and the Summer Health Professions Education Program



40 under 40 Public Health Career Panel

Get the chance to ask questions and learn more from health professionals!



- *Graduation Cords* -

- Seniors who filled out the Stole Google Form will be receiving a **graduation cord and charm!**
- Distribution date is at our Banquet (**4/27**)!



- *End of Year Banquet* -

- **WHEN:** Thursday, 4/27 from 2-3:30pm
- **WHERE:** Legacy Suite
- **WHAT:** End of Year Banquet to recognize and give certificates to all active members, distribute cords to graduating seniors, and introduce the new executive board!
- **RSVP:** bit.ly/banquetS4PH
- **FREE point (will count for any point you are missing)**
 - will still be counted towards active membership even though points are due before!
 - you must fill out the RSVP form if you want to get your point!

End of Year Banquet to recognize and give certificates to all active members, distribute cords to graduating seniors, and introduce the **NEW** executive board!



2:00pm - 3:30pm

APRIL THURS 27TH 2023

Legacy Suite

RSVP by 4/23 to bit.ly/banquetS4PH

Executive Board Position Descriptions

President

- Oversee the rest of exec
- Submit event proposals and SSF proposal
- Facilitate executive meetings and general meetings
- Represent the organization in the School of Public Health/CHHS
- Time requirement: 5-10 hours/week

Vice-President

- Works closely with the President
- Assist with the President's or other positions tasks
- Plan and help with facilitating events
- Work on SSF proposal and planning
- Create GBM slides
- Time requirement: 3-5 hours/week

Treasurer

- Oversee the org finances
- In charge of the Venmo Account @S4PHTreasurer
- Update the banking records (balance sheet)
- Make budget plans for events/ activities
- Attend mandatory trainings and keep close contact with the AS Banking team - reimbursement
- Time requirement: 1-3 hours/week

Secretary

- Maintaining email list and sending emails
- Maintain integrity of students' points for the whole semester and create Google forms
- Collect data by taking notes during exec and general board meetings
- Time Requirement: 2-4 hours/week

Executive Board Position Descriptions

Public Relations Chair

- Oversees and interacts with Instagram, LinkedIn, Beacons, and Website.
- Creates promotional content and graphics.
- Takes photos and videos during events.
- Manages and maintains membership of S4PH
- 3-5 hours

Social Chair

- Organizes and oversees the implementation of social events.
- Creates fun, engaging and interactive icebreakers for GBMs.
- Checks in with the organization's members to make sure they are accommodating well.
- Help E-Board members in accomplishing their duties when needed.
Required time: Varies depending on pre-planning and organization.

Fundraising/ Community Service

- Organizes and promotes fundraisers to raise money for the club
- Collaborates with other chairs to make co-events
- Searches for new ideas that are close to campus

Student Success Fee Chair

- Brainstorm student events, help with SSF proposal
- Coordinates logistics of SSF events (airfare, transportation, lodging, etc)
- Work with SDSU resource management for budgeting and planning
- Help out E-board if needed
- 3-5 hours

Executive Board Applications

- Looking for a way to get involved on campus?
- Passionate about public health?
- Want to gain leadership and team-building skills?
- Interested in program planning?
- **Join our executive board for 2023-2024!!**
 - Applications due by **April 14**
<https://bit.ly/S4PHexec23>
 - Interviews: TBD (Zoom)
 - *Interview dates will be decided after the deadline
 - Reach out if you have any questions!!





Join Our GroupMe! :)

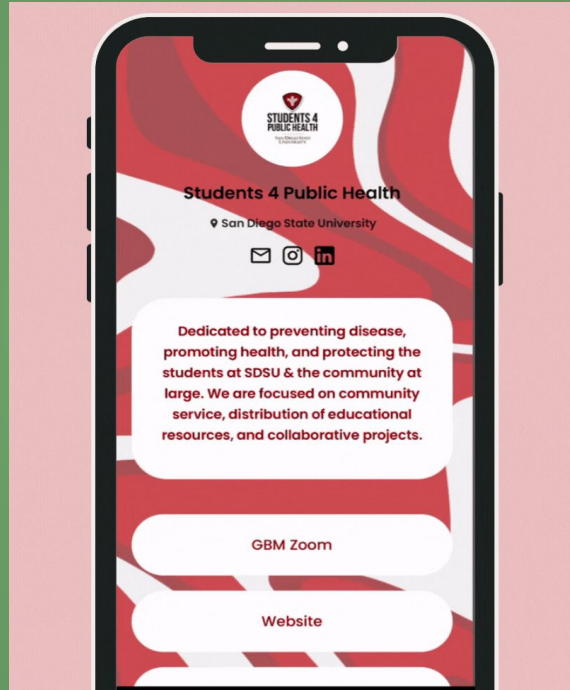


Stay connected with us!

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 to receive a GBM point for today!

- 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**

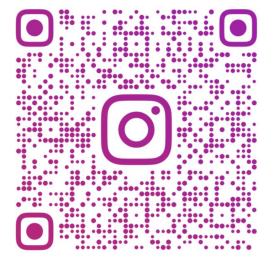
Thanks!

Do you have **any questions?**

IG: [students4publichealth](#)

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

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



[@STUDENTS4PUBLICHEALTH](#)