

# S4PH GBM #6

WELCOME TO OUR LAST GBM!

# Student Panel



Sonia Tasser



Emily de Souza



Hannah Reynolds

# 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”

**\*2 FUNDRAISER POINTS\***



**LIVE WELL  
SAN DIEGO**

# 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

# 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 4/24

**WHERE:** GBM Zoom 🖥️

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](https://bit.ly/s4phsexercises)

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

Virtual via Zoom

Zoom Link: [bit.ly/S4PHGBM](https://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 features the logos for 'STUDENTS 4 PUBLIC HEALTH' and 'SDSU' (San Diego State University), along with the text 'In honor of the Office and Campus University Student Success Fee'. The main title 'SEXERCISES' is written in large, bold, red letters, with 'KEY TO HEALTHY PELVIC FLOOR' underneath it. Below the title are two headshots of the speakers: Chelsea Boomer, DPT, on the left and Jade Nishiki Sano, DPT, on the right. Below their names is a red ampersand symbol. To the right of the speakers, the event details are listed: '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'. The background is white with pink and red decorative elements, including hearts and illustrations of people exercising.

**Last SSF Event of the Semester!!**



# 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!
- There will be food, games, and prizes!
- **RSVP:** [bit.ly/banquetS4PH](https://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](https://bit.ly/banquetS4PH)

# 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)!





Join Our GroupMe! :)

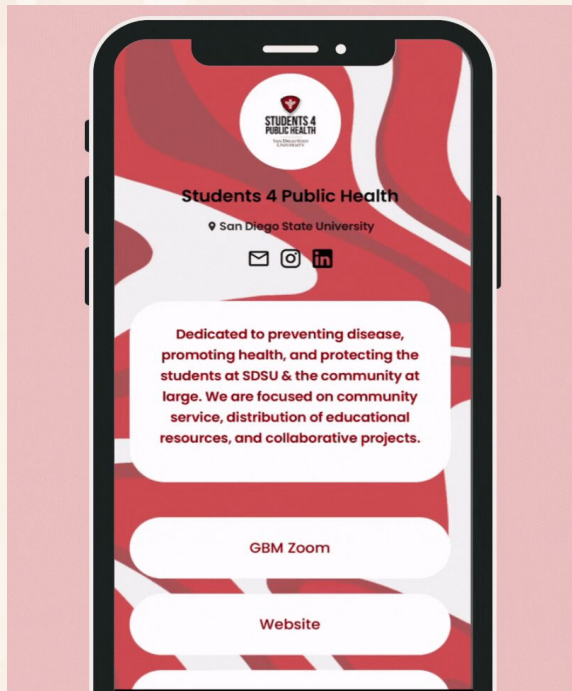


Stay connected with us!

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**

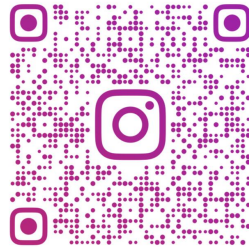
# Thanks!

Do you have **any questions?**

IG: students4publichealth

Website: [students4publichealth.weebly.com](http://students4publichealth.weebly.com)

LinkedIn: SDSU Students 4 Public Health



@STUDENTS4PUBLICHEALTH