



GBM 3

Welcome back everyone!

CPR

P



Guest Speaker:
Matthew Martinez

American Heart Association and Red Cross Instructor

ICEBREAKER:

JAMBOARD!

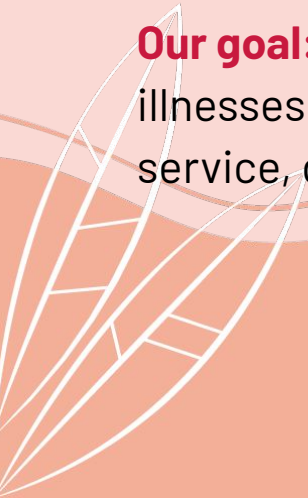




MISSION



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.

POINT SYSTEM



3 GBM Points

Biweekly General Body Meetings on Wednesdays



3 Student Success Fee Points

University sponsored events put on by S4PH



4 Fundraising + Social Points

2 fundraising points **INCLUDES VOLUNTEERING**

2 Social points



2 Educational Points

Standard point opportunities offered throughout the semester

= Active Membership: 12 Points Total Required

MEMBERSHIP DUES

- **How much?**
 - *NEW* members: **\$15**
 - *RETURNING* members: **\$10**
- **Payment method:**
 - **Venmo:** @S4PHTreasurer
 - Payment will be liked to confirm it's been received!
 - **DUE BY THE THIRD MEETING:
3/09/2022-TODAY**



venmo

GRADUATION CORDS

Form is due by **MIDNIGHT TODAY!**

If you are a graduating senior and have been active for 2 semesters, please fill out this Google form so we know to give you a cord for graduation!

To be eligible for a cord, you must have been an active member for the **Fall** of your senior year in addition to active membership in **any** other semester!

bit.ly/S4PHcords



STUDENT SUCCESS FEE EVENTS

Career Building Events

Health Career Q&A Panel

Wednesday, March 23rd at 2-3 PM

**During regular GBM time (VIRTUAL)*

Empowering Your Future Mini Fair

Wednesday, April 13th at 10am-1pm

Scripps Cottage & Patio

Unmasking Imposter Syndrome

Tuesday, March 22nd at 7-8pm

(VIRTUAL)

Art 4 Healing Events

Art Therapy Workshop

Monday, April 18th & Time TBD

Venue TBD

Yoga Class

TBD

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

PLANT CARE AS SELF-CARE



HEALTH CAREER Q & A PANEL - VIRTUAL

Event Description: Graduate students and professionals in a health-related field will share information about their careers, and the challenges and rewards of working in their respective fields! Panelists will offer insightful information and experiences about their journey, and answer any questions from attendees in the audience. If you are considering a career in healthcare or public health, this is the perfect opportunity to network with both students and professionals, as well as get your questions answered!

Date: Wednesday, March 23rd at 2-3:30pm

Flyer with panelists will be released soon on IG

****Worth 1 SSF point!***



UNMASKING IMPOSTER SYNDROME - VIRTUAL

Event Description: Imposter Syndrome is a phenomenon that is common amongst even the brightest students, clinicians, and professionals in virtually every field. Join Dr. Hope, an Emergency Medicine physician and Wellness Expert, as she talks about how to notice when Imposter Syndrome is creeping up and effective strategies to combat these unconscious feelings. Additionally, she will provide tools to build resilience & create new and improved visions of ourselves.

Date: Tuesday, March 22nd at 7-8pm

Register: [Bit.ly/S4PHhope](https://bit.ly/S4PHhope)

***Worth 1 SSF point!**



UNMASKING IMPOSTER SYNDROME

WITH DR. JAIME HOPE

EMERGENCY MEDICINE PHYSICIAN & WELLNESS EXPERT



Imposter Syndrome is a phenomenon that is common amongst even the brightest students, clinicians, and professionals in every field. Join Dr. Hope, as she talks about how to notice when Imposter Syndrome is creeping up and effective strategies to combat these unconscious feelings. Additionally, she will provide tools to build resilience & create new and improved visions of ourselves.

**TUESDAY, MARCH 22ND, 2022
7-8 PM PST**

REGISTER: [Bit.ly/S4PHhope](https://bit.ly/S4PHhope)



Event sponsored by Student Success Fee

ZIP LAUNCHPAD- PAINT YOUR PERSPECTIVE

This event is an opportunity to listen to the journeys of accomplished women in the Public Health field, where they will be also be speaking about their educational career paths while attendees paint terracotta pots!

WHEN: Tuesday, April 5th from 4-6 PM

WHERE: IP Launchpad Center located at EIS 103.

A few weeks following the event, we will host another gathering with ZIP Launchpad where we will get to plant succulents in the terracotta pots that we painted! Details are still being finalized, but it will most likely be at the end of April! ***This event is ONLY for S4PH members and is limited to the first 30 people who sign up!***

****Worth 1 EDUCATIONAL point!***



SDSU
ZIP LAUNCHPAD
PRESENTS

bit.ly/ZIPpottery →



*Paint Your
Perspective*



April 5th, 2022
4-6 PM

Location: EIS 103 ZIP
Launchpad Center



BLS CLASS

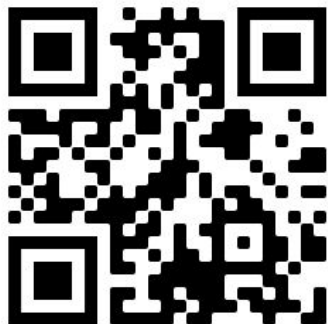
Join us on Friday, April 22nd at 11:30 AM to 2:30 PM in Templo Mayor to get BLS Certified!

Total Cost: \$50

\$8 seat reservation fee required via Venmo (@S4PHTreasurer)

Remaining \$42 due day of event to instructor!

***Worth 1 fundraising point**



bit.ly/S4PHb1s →



STUDENTS 4
PUBLIC HEALTH

BLS CERTIFICATION AHA CLASS



FRIDAY, APRIL 22ND
11:30 AM - 2:30 PM
SAN DIEGO STATE UNIVERSITY
TEMPLO MAYOR



Get Certification in Basic Life Support (CPR & AED) in One Day!

Total Cost: \$50

To reserve your seat, pay \$8 to @S4PHTreasurer 

All seat reservation fees are nonrefundable and will go towards Students 4 Public Health. Remaining \$42 will be due at the door.

RSVP here: [Bit.ly/S4PHb1s](https://bit.ly/S4PHb1s)

EMAIL FOR MORE INFORMATION: STUDENTS4PUBLICHEALTH@GMAIL.COM

FUNDRAISING POINT- HOT CHOCOLATE RUN

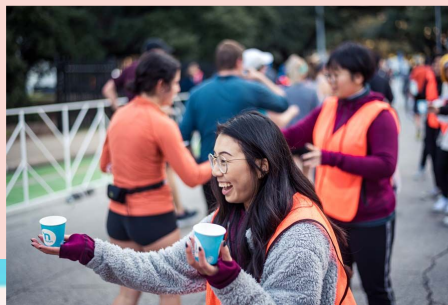


The Hot Chocolate 15k/5k is happening at [Petco Park](#) on Sunday, March 20th from 5:30am-11am. **Volunteers who signed up—please join our GroupMe!!**

Details about the event will be communicated through there moving forward!

****Worth 2 fundraising points*** (Drivers will receive an extra point)*

GOOGLE INTEREST FORM:



HOT Chocolate
15K/5K[®]

JOIN OUR GROUPME:

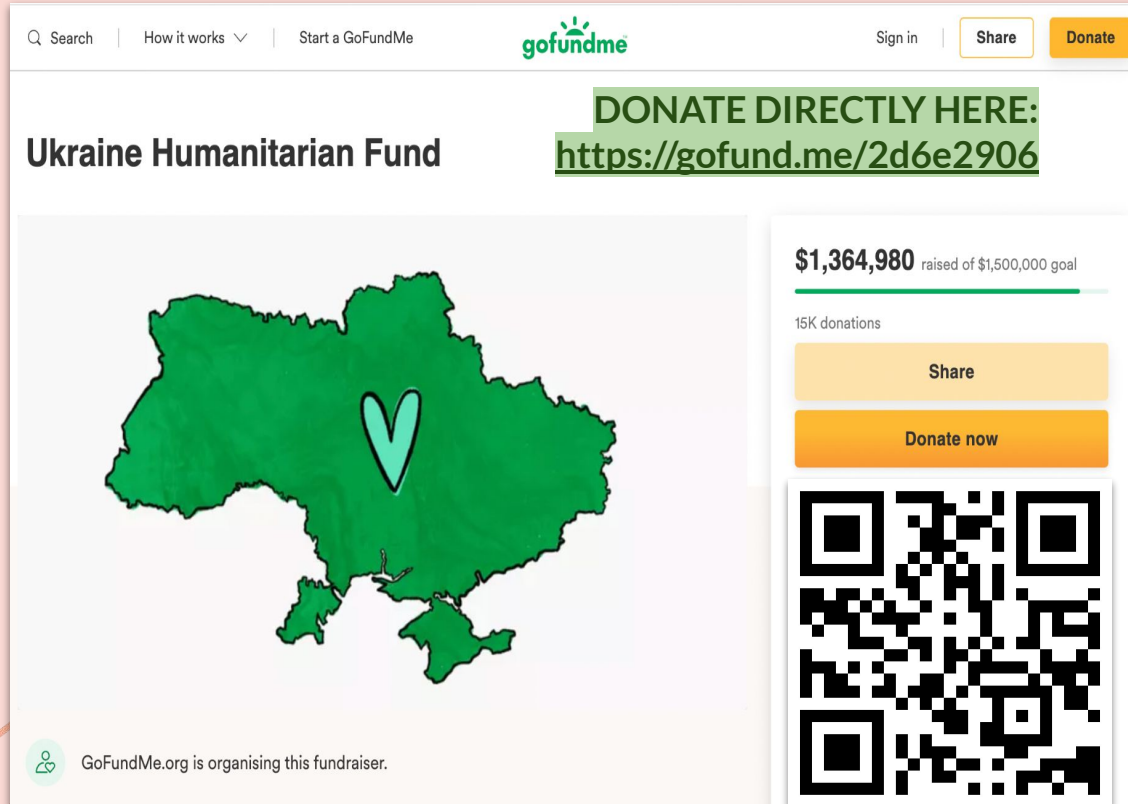


FUNDRAISING POINT- UKRAINE GO FUND ME

As the military invasion in Ukraine escalates, millions of people are facing a **serious** humanitarian crisis and are in need of urgent assistance.

All donations raised will be distributed to verified nonprofit organizations supporting vulnerable communities to obtain access to shelter, food, medical services, education, and psychosocial support, as well as other people impacted.

****Worth 1 fundraising point****



Q Search | How it works ▾ | Start a GoFundMe | **gofundme** | Sign in | Share | Donate

Ukraine Humanitarian Fund


DONATE DIRECTLY HERE:
<https://gofund.me/2d6e2906>

\$1,364,980 raised of \$1,500,000 goal

15K donations

Share

Donate now



GoFundMe.org is organising this fundraiser.

FUNDRAISING POINT-



FEEDING[®]
SAN DIEGO



MEMBER OF
FEEDING[®]
AMERICA



**STUDENTS 4
PUBLIC HEALTH**

FEEDING SAN DIEGO

WHEN: Saturday April 16th

From 9:00 AM to 11:00 AM

WHERE: 9477 Waples Street, Suite 100 San Diego, CA 92121

Easy Steps to Sign Up Online:

1. Visit <http://vhub.at/fsd>
2. Click "Create Account" in the upper right-hand corner and follow the steps as instructed.
3. During this step, you will be asked to enter your groups join code: 2953
4. After you sign in or create an account, look for your group volunteer shift on the calendar.
5. Click the "Sign Up" button to the right of your group's volunteer shift.
6. Each volunteer will receive a confirmation email when signed up successfully.

****Worth 1 fundraising point****

FUNDRAISING POINT- ON CAMPUS FUNDRAISER!



WHEN: Wednesday April 6th 2022
From 2:00 PM-8:00 PM

WHERE: In East Commons on Campus!

We also have our 4th GBM that day!

Please use QR code on the flyer when ordering in person!
And Invite friends!!

Worth 1 fundraising point



JOIN US FOR A GOOD CAUSE WITH A SIDE OF TACOS

Come in and enjoy our coastal-inspired tacos, burritos, bowls and salads made with responsibly-sourced seafood, all-natural chicken or USDA Choice steak.



*Salsa Verde
Shrimp Tacos*

Order online at rubios.com and use coupon code "DONATE" at checkout.

FUNDRAISER IN SUPPORT OF ASSOCIATED STUDENTS OF SAN DIEGO STATE UNIVERSITY STUDENTS 4 PUBLIC HEALTH

Date: 04/06/2022 Time: 2:00 PM - 8:00 PM Location: East Commons Building San Diego, CA



Scan QR code at register.
For restaurant use only.

Order online at rubios.com or through our mobile app, and enter coupon code "DONATE" at checkout or present this flyer for orders placed in the restaurant.

We will donate 30% of the proceeds from your meal to the cause (alcohol & gift cards excluded). 24 hours' notice requested for Catering orders. Third party delivery orders or orders placed at a different time/location than your scheduled event will not count towards your fundraiser.

EDUCATIONAL POINT

JOIN US FOR



LEARN NEW
RECIPES AND HOW
TO IMPROVE YOUR
NUTRITION ON A
BUDGET

Healthy Eating ON A BUDGET

MONDAYS 11:30AM-12:30PM

ZOOM ID: 820 1068 3029

Join the “Healthy Eating on a Budget” session every Monday from 11:30-12:30am to learn more about the Peer Health Education program and how to improve your nutrition!

Zoom ID: 820 1068 3029



EDUCATIONAL POINT

Lunchtime Lecture Series

Friday, March 11th at 12-12:45pm

Meet Shira Goldenberg, PhD Assistant Professor in Epidemiology & Biostatistics - happening virtually on Zoom

Meeting ID: 84877261721

****Worth 1 educational point***

LUNCHTIME LECTURE SERIES



Meet the New School of Public Health Faculty



Friday, October 8, 2021
12-12:45pm
Jennifer Felner, PhD, MPH
Assistant Professor
Undergraduate Program Director
Health Promotion & Beh. Science

Title: Critical methods to advance health equity for LGBTQ+ youth and youth experiencing homelessness



Friday, November 12, 2021
12-12:45pm
Sabrina Smiley, PhD, MPH
Assistant Professor
Health Promotion & Beh. Science

Title: What does it take to embed an anti-racism lens into local policy restricting menthol cigarette sales in Los Angeles County's unincorporated communities?



Friday, February 11, 2022
12-12:45pm
Heather Pines, PhD
Assistant Professor
Epidemiology & Biostatistics

Title: Sexual networks among sexual and gender minorities in Tijuana, Mexico: implications for HIV pre-exposure prophylaxis



Friday, March 11, 2022
12-12:45pm
Shira Goldenberg, PhD
Assistant Professor
Epidemiology & Biostatistics

Title: Addressing Intersecting Crises of HIV, STIs, and Substance-Related Health Inequities Outcomes among Marginalized Women and Migrants



Friday, April 8, 2022
12-12:45pm
Paula Stigler Granados, PhD
Assistant Professor
Environmental Health

Title: Rethinking Chagas Disease in the U.S

Join via Zoom:

<https://SDSU.zoom.us/j/84877261721>

EDUCATIONAL POINT

Student Health Advisory Committee (SHAC)

Dates: Biweekly on Mondays—3/14, 4/11, 4/25 at 12-1pm

Attend SHAC GBMs to gain exposure to health and wellness fields, as well as contribute to the quality of the student experience at SDSU.

Contact Melissa Lucarelli or calpulli.shac@sdsu.edu for more information!

Zoom Meeting Room: bit.ly/SDSUSHAC

***Worth 1 educational point**

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

JOIN SHAC

STUDENT HEALTH ADVISORY COMMITTEE

CONTACT CALPULLI.SHAC@SDSU.EDU FOR MORE INFORMATION

The Student Health Advisory Committee provides on-going advice to the Office of the Vice President for Student Affairs and to the Directors of Student Health Services, Counseling and Psychological Services, and Well-being & Health Promotion.

Why Join SHAC?

- Develop and/or improve leadership, communication, and collaborative skills
- Gain exposure to the health and wellness fields
- Receive practical experience
- Impact the quality of the student experience
- Network with students and professional staff and faculty

MEETINGS

Dates: 3/14
4/11
4/25

Time: Every other Monday from 12:00 pm to 1:00 pm

Location: Zoom Meeting Room
bit.ly/SDSUSHAC



SAN DIEGO STATE
UNIVERSITY

Division of Student Affairs and Campus Diversity

SA+CD

STUDENTS 4 PUBLIC HEALTH

📍 Pride Suite | Wednesdays at 2-3 PM

📺 Meeting ID: 840 2363 2041

Spring 2022 Schedule

GBM 1: 2/09/22 | VIRTUAL

GBM 2: 2/23/22 | IN-PERSON

GBM 3: 3/09/22 | VIRTUAL

Health Career Q&A Panel:
3/23/22 | VIRTUAL

GBM 4: 4/06/22 | TBD

E-Board Interviews: 4/20/22

End of Semester Banquet:
5/04/22 | IN-PERSON

**ALL listed events are during regular GBM time
schedule is tentative & subject to change*



OUR MISSION

Dedicated to preventing disease, promoting health, and protecting the students at SDSU & the community at large.

We are focused on community service, distribution of educational resources, and collaborative projects.

join the fam!

SPRING 2022 SCHEDULE

Biweekly GBMs on Wednesdays at 2-3 PM

Our next GBM will be an **SSF point** opportunity- Health Career Q&A Panel

***Event may run ~30 minutes longer than standard GBM time**



SOCIAL MEDIA LINKS

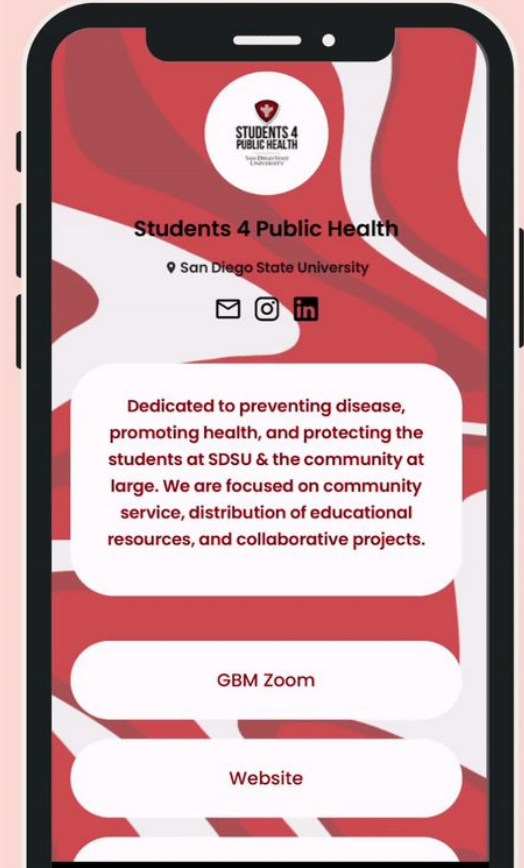
GroupMe:



Stay connected with us!

We mainly communicate new updates through Instagram & GroupMe

IG: @Students4PublicHealth



Sign-in Form:



THANKS!



Stay behind if you have any questions!

IG: students4publichealth

Website: students4publichealth.weebly.com

LinkedIn: SDSU students 4 public health

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