WES Mission

The mission of Wellness Education Services (WES) is to advance the health of students and contribute to the creation of an institutional and community climate of health and social justice.

WES for Students

WES programs and services are open to all UB students. We coordinate activities on both campuses including yoga, late-night activities and Life & Learning Workshops. Our relaxation suite at 114 Student Union is open Monday through Friday, 9 AM – 5 PM. For students who want to get more involved with wellness on campus, there are internship, peer education, and other opportunities (see reverse).

WES for Faculty, Staff & Student Leaders

The professional staff members of Wellness Education Services are available for classroom lectures, class projects, campus health research, and health-related programs.

To request a program or workshop:
http://wellnessed.buffalo.edu/wshopform
North Campus
114 Student Union, Buffalo, NY 14260-2100

South Campus
3rd Floor, Michael Hall, Buffalo, NY 14214-3077

Open Monday through Friday, 9 AM to 5 PM
Phone: (716) 645-2837
Email: stu-wellnessed@buffalo.edu
Web: http://wellnessed.buffalo.edu

At the Wellness Suite, 114 Student Union, you will find books, videos and other resources that you can borrow. Also check out our free tea and chair massage (by appointment).

PROGRAM OVERVIEW

Director
Sherri Darrow, MS, PhD.

Kara Fitzpatrick
Health Promotion Program Assistant

Alcohol, Tobacco and Other Drugs
Marla McBride, MS, CRC
Assistant Director of Health Promotion and Harm Reduction

Sharlynn Daun-Barnett, LMSW
Alcohol, Tobacco and Other Drug Prevention Specialist

The college experience is so much more than getting a degree; it’s about developing one’s identity and forming lifetime health behaviors, including one’s decision to use or abstain from alcohol, tobacco and other drugs. Wellness Education Services is dedicated to providing programming, individual consultation, support and resources for substance abuse prevention.

Rape and Sexual Assault Prevention
Anna Sotelo-Peryea, MUP
Public Health Planner, Violence Prevention Specialist

Aaron Maracle, LMSW
Assistant Violence Prevention Specialist

Everyone can help prevent sexual violence at UB. Wellness Education Services is committed to preventing sexual violence before it has occurred and increasing support and access to services for survivors. We offer opportunities for activism, advocacy, and education to make UB a safer place for us all.

Healthy Eating
Janice Cochran, MS, RD, CDN
Nutrition and Physical Activity Promotion Coordinator

Eating well can be a challenge as a busy college student. Wellness Education Services provides programs, services and resources to help UB students take steps towards balanced, varied food choices as well as encourage regular physical activity. WES encourages exposure to cultural foods, sustainability issues, and strives to promote healthy attitudes regarding body weight and food.

LGBTQ Wellness
James Bowman, Ed.M
LGBTQ Wellness and Special Projects Coordinator

The LGBTQ Wellness program aims to support and educate the University at Buffalo community of LGBTQ and ally students, faculty and staff. Education and awareness programs help to create a safe, welcoming, and comfortable environment for all community members. Participants can learn about important issues, meet new people, access resources, and gain the tools to make a positive impact on campus and beyond.

Stress Reduction
Sharlynn Daun-Barnett, LMSW
Stress Management Program Coordinator

Stress is the #1 factor that UB students report impacts their academic success. Wellness Education Services can provide students with the information, skills, programs and on-going support they need to be able to successfully manage their stress levels and optimize their overall college experience.
There are many ways a student can get involved with Wellness Education Services. From work study positions to internship placements, peer education and graduate placements, you can have an impact on the health and wellness of our campus!

**Internships** are available for undergraduate and graduate students for course credit or volunteer hours under our health promotion focus areas (see reverse). We also accept placements from the School of Social Work, School of Public Health and Health Professions, Graduate School of Education and other academic departments.

The **Men’s Group** is a peer-run, university-advised group comprised of men and women trained in peer education and advocacy. Members conduct presentations and awareness raising events with a focus on cultivating men as allies in preventing sexual violence. A Men’s Group Poker Night is held monthly to discuss issues surrounding sexual violence prevention. Introduction to Peer Education (UBE110) is a prerequisite for membership in the Men’s Group.

The **Student Survivor Advocacy Alliance** is a peer-run, university-facilitated group that seeks to unite survivors of sexual assault with allies at UB and take a stand against rape, sexual assault and intimate partner violence. The Alliance is working to change rape culture through advocacy and activism.

**Volunteer, Work Study and Student Assistant** opportunities exist in all of our health promotion focus areas.
- Assist with outreach events and activities to help students better manage their stress.
- Offer consultation services for students, faculty and staff who wish to quit smoking.
- Participate in activities that help foster a safe and inclusive campus environment for lesbian, gay, bisexual, transgender, queer and ally students.
- Assist with Snacking Tuesday, Farmers Market and Life & Learning Workshops to encourage healthy eating on campus.
- Work at our front desk, greeting our visitors and directing them to wellness resources.

The **Health & Wellness Minor** provides a foundation in the concepts of health promotion and wellness education. The minor includes courses related to prevention, health maintenance and health education, within the context of health and wellness promotion for diverse populations. The courses coordinated through the Wellness office are:
- **ES 102** Fundamentals of Wellness (3 credits)
- **UBE 110** Introduction to Peer Education (2 credits)
- **UBE 496 WE2** Universal Yoga (permission of instructor) (3 credits)
- **UBE 496 WE3** Nutrition and Environment (3 credits)
- **UBE 496 WES1** Independent Study (permission of instructor) (1-3 credits)

For more information about the wellness minor and a list of electives to complete the rest of the needed credits, contact the School of Public Health and Health Professions (http://sphhp.buffalo.edu/community-health-and-health-behavior/education/health-and-wellness-minor.html).

**Join Us!**
Be a part of the WES Team and help make UB a healthy campus for all students.
Be an active participant in health promotion efforts on campus, and learn to apply social marketing and risk-reduction strategies.
Assist in the design, implementation, and evaluation of programs, messages and campaigns.
Develop skills in culturally competent health promotions, data analysis, and university committees.

For more information and an application: http://wellnessed.buffalo.edu/opps