

# HEALTH PROMOTION & WELLNESS

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Health Promotion & Wellness (HPW) is a unit within Student Affairs & Enrollment Management that provides health education for the San Francisco State University community through campus health initiatives and programming. Our focus areas include alcohol, tobacco, and other drugs, mental health, sexual health, nutrition, and sexual violence prevention. We work to achieve health equity and enhanced academic, personal, and professional success for all members of the campus community. Using a socio-ecological perspective and practicing with cultural humility, we aim to positively shift culture and social norms around health and wellness to increase students' self-efficacy to make informed health decisions.

Our team is made up of professional Health Educators and thriving Peer Health Internship and Ambassador Programs. HPW programs and events include but are not limited to: sexual violence prevention education workshops; CalFresh Help Clinic; the Condom Caboose; Late Night "Turn Up!" substance-free social events; healthy and budget-friendly Cooking Classes; and Self-Care Stations. HPW is located in the Village Center, 750 Font Boulevard, across from City Eats. Online information and resources related to health and wellness can be found at [wellness.sfsu.edu](http://wellness.sfsu.edu) (<http://wellness.sfsu.edu>) or follow us at @SFStateCares on social media.