

## **Wellness BINGO**

**Wednesday, March 18**

**12:00pm – 2:00pm**

**1C - Rotunda**

Are you looking for a fun way to spend your lunch while learning something new? Join us for Wellness BINGO and enjoy an interactive game packed with helpful wellness tips and information about campus resources that support your health and well-being.

Stop by and play along as you discover services and programs designed to help you thrive both inside and outside the classroom.

And yes! There will be prizes!

PG CLUE and ASAP/ACE 2nd Contact

This event is presented by Intramurals and Recreation and Health and Wellness Services.

## **STOP the BLEED**

**Thursday, March 19**

**2:30pm**

**1C – Room 227**

A serious bleeding injury can happen anytime, anywhere. In those critical first minutes, the actions taken before emergency responders arrive can make the difference between life and death. Instead of being a bystander, you can become an immediate responder by learning how to STOP THE BLEED®.

This free training will teach you how to recognize life-threatening bleeding and take quick, effective action to control it. Participants will gain hands-on skills and the confidence to respond during an emergency.

All students who complete the training will receive a certificate.

The session will be led by a certified trainer from Northwell Health (SIUH).

PG CLUE and ASAP/ACE 2nd Contact

Don't miss this opportunity to gain lifesaving skills and be prepared to make a difference.

## **Chop, Chat, and Chew: Live Cooking Demo and Nutrition Session**

**Thursday, March 19**

**7:30pm**

### **Dolphin Cove South – Conference Room**

Are you looking for a fun and practical way to boost your nutrition knowledge? Join us for a live cooking demonstration and interactive nutrition education session where you'll learn how to build your own breakfast bowl - the perfect way to fuel tomorrow, starting tonight.

This engaging session will combine culinary skills with expert nutrition guidance, giving you simple, realistic tips you can use right away. Whether you're cooking on campus or at home, you'll walk away with ideas to power your mornings with balanced, energizing meals.

The session will be conducted by Nicole Langone, MS, RD, CDN, a Registered Dietitian and professional chef, bringing both clinical expertise and culinary creativity to the kitchen.

PG CLUE and ASAP/ACE 2nd Contact

This event is presented in partnership with Health and Wellness Services, Intramurals and Recreation, and the CSI Food Pantry.

## **CSI Spring Blood Drive**

**Tuesday, March 24**

**9:00am – 6:00pm**

Be part of something that truly makes a difference at the upcoming CSI Spring Blood Drive. Donating blood is a simple act that can help save lives in our community.

Appointments are encouraged. To schedule your donation, call 800.933.2566 or visit the New York Blood Center's donor scheduling page:

[https://donate.nybc.org/donor/schedules/drive\\_schedule/330292](https://donate.nybc.org/donor/schedules/drive_schedule/330292)

Before you arrive, please remember to:

- Eat a healthy meal

- Drink plenty of fluids
- Bring your donor ID card or a photo ID with your name

This event is sponsored by CSI Health and Wellness Services in partnership with New York Blood Center.

We hope you'll roll up your sleeve and join us.

Flyers for all events are attached.

Should you have any questions, please reach out to us by phone at 718.982.3045 or via email at [wellness@csi.cuny.edu](mailto:wellness@csi.cuny.edu).

We hope to see you there!

### **Health & Wellness Services**

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Campus Center (1C) – Room 112

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