



Staff Directory

Name	Title	Email
Marla McBride	Director of Health Promotion	majurek@buffalo.edu
Janice Cochran	Registered Dietitian & Eating Well Program Coordinator	jcochran@buffalo.edu
Sharlynn Daun-Barnett	Stress Reduction & Smoking Cessation Program Coordinator	sd62@buffalo.edu
Jackie Piciulo	AOD Harm Reduction Coordinator	jaclynsi@buffalo.edu
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Anna Sotelo-Peryea	Assistant Director, Violence Prevention Coordinator	acperyea@buffalo.edu
Aaron Maracle	Assistant Violence Prevention Specialist	amaracle@buffalo.edu

Program Areas

Alcohol and Other Drug Harm Reduction

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. Health Promotion is dedicated to providing programming, individual consultation, support and resources for substance abuse prevention.

- Alcohol EDU and the Sexual Assault Prevention Courses, mandatory for all incoming students
- UB Safer for AOD policy violations
- Support for students with substance use concerns
- Request DIY kits or facilitated workshops on safer substance use

Eating Well

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

- One on one nutrition counseling from a registered dietitian
- Partnership with Becker Farms to bring local produce to students and staff
- Weekly snack program brings free fruit all over campus
- Workshops on cooking and sustainable eating, monthly or by request

Stress Reduction

Stress is the #1 factor that UB students report impacts their academic success. Health Promotion 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.

- Weekly yoga and meditation groups
- Dog therapy events with our resident therapy dog, Lily
- Mindfulness classes and retreat days
- Smoking and/or vaping cessation program
- Request DIY kits or facilitated workshops on stress reduction

Sexual Violence Prevention and Response

Everyone can help prevent sexual violence at UB. Health Promotion 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.

- Award-winning peer program to advocate for sexual violence prevention and response
- Weekly workshops on bystander intervention, how to help those affected by sexual violence
- Confidential advocate from Crisis Services of WNY
- Support groups for student survivors
- Support groups for men and masculinity
- Request DIY kits or facilitated workshops on sexual violence prevention and response

Contact Us

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