

Healthy snacks and HIV tests

By DAVID JARKA
Asst. News Editor

In an effort to encourage UB students to make healthier lifestyle decisions, the Black Student Union (BSU) sponsored a wellness fair Tuesday afternoon in the Student Union.

The wellness fair is a free annual event held by the BSU that allows students to try out healthy foods and smoothies, receive condoms and take HIV tests at no charge.

Several of the event attendees felt that HIV testing is a critical issue for the student body.

"HIV in African-Americans count for about 50 percent of all new infections," said Nandi Joseph, BSU community service coordinator. "It needs to be talked about in every community and is why we brought it here."

Event organizers made sure that the HIV testing was easily accessible to students in a private setting.

"It's definitely important because I think people are still a little embarrassed about it," said Rita Groetz, a junior aerospace



Katie Carlett / The Spectrum

Students learned how to make healthy decisions at a wellness fair sponsored by the Black Student Union on Tuesday.

engineering major.

The fair included several games, prizes for getting a blood pressure reading, and stress ball making for students.

Claire Scherder, a freshman nursing major, saw this event as an easy way to spread the word about how students often over-

look simple things that can go towards living a healthier life.

"It's good for people that don't know a lot about [health issues] like high blood pressure," Scherder said.

E-mail: spectrum-news@buffalo.edu