

Celebrating American Heart Month with SSHP

Aligning perfectly with American Heart Month, SSHP at UCI hosted our annual Valentine Grams fundraiser! Our valentine gram featured chocolate strawberries with a pharmacy-themed valentine card available to send to friends, classmates, and faculty within UCI School of Pharmacy and Pharmaceutical Sciences. In the height of midterm season, some of our board members and Fundraising Committee came together to prepare over 400 chocolate strawberries to be delivered to students and faculty on February 13th. As a new school with few cohorts, sharing grams is a nice way to maintain the intimacy and keep up the collaborative spirit within our school. It was definitely a sweet surprise for many students as we rounded off the end of midterm season as well.

Annual Valentine Grams



Cardio Steps Challenge

In honor of American Heart Month, SSHP at UCI is currently hosting a Cardio Steps Challenge. The challenge features a two-week long measurement of total daily steps per day. Students signed up in teams of three and the team with the highest number of total steps at the end of the two weeks will receive a grand prize. As future healthcare providers, it is important to be aware of nonpharmacological therapies. Physical activity as simple as walking can provide cardioprotective benefits and reduce the risk of chronic heart disease. By facilitating a friendly competition, this event aims to promote healthy habits within our UCI community and bring awareness to the importance of physical activity for cardiovascular health.



First Annual Legislative Day

On February 19th, 2025, SSHP at UCI collaborated with ASP at UCI to host our first Annual Legislative Day. The purpose of this event is to educate students on various legislative topics within pharmacy and give them exposure to this aspect of pharmacy in preparation for the CSHP Pharmacy Policy & Legislative Day and CPhA Advocacy Day. A highlight of this event is the poster symposium in which student teams presented on specific legislative topics of their choice. Following presentations, we hosted 5 guest pharmacists in a speaker panel to share on their expertise within pharmacy advocacy and legislative work.

SSHP AT UCI

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