
Meet Your Officers

PRESIDENT – LUCIA PEREZ



I am currently majoring in Health and Wellness and hope to receive my degree in 2021.

VICE PRESIDENT – PAUL LAND



I am a Health and Wellness senior graduating in the Spring of 2019. I love to read, write music, and play basketball. You will enjoy being part of HFO because we are looking to build a friendship among our members, and we want to strive to gain the necessary experience to be prepared for the real world. I am excited to start another year and I am looking forward to meeting new people.

SECRETARY – MASSIMO DANIELS



I am a Health and Wellness Major graduating in 2021. I am going to be a Sophomore in the Fall. I love to run every day, play football, and basketball. I am a mentor in the COMPASS Program.

TREASURER – BENALEO DANIELS



I am a senior in Health and Wellness and on the Cross-country and Track and Field team. If you have any questions, feel free to ask. New members are always welcome.



Like and Follow us on Facebook:

*Health and Fitness Organization –
HFO at Buffalo State*

@HFOSBuffaloState

Health & Fitness Organization

Faculty Advisor:

Dr. Leah Panek-Shirley
Phone: 716.878.6831

Panekslm@buffalostate.edu



Health & Fitness Organization



Health and Fitness Organization

Department of Health, Nutrition & Dietetics



BUFFALO STATE
The State University of New York

