



Sam Houston  
State University

✓ Apply 📍 Visit ● More Info ★ Give 👤 Alumni 🛡️ KatSafe

Campus Tools ▾ Fast Links ▾ 🔍 Search

Getting Started Majors & Programs Admissions Campus Life & Culture Services & Resources Athletics About SHSU

Home About Us JED Campus TimelyCare Kondom Kits Resources Events Peer Health Ambassadors



Student Wellness  
STUDENT HEALTH CENTER  
SAM HOUSTON STATE UNIVERSITY



# Be Well Do Well



## Healthy Kats

### About Us

Our Peer Health Ambassadors (PHAs) are students who provide peer-to-peer education on a variety of health topics to our SHSU students. You will find our PHAs across campus providing health education through group presentations, at campus events, at the weekly Health Hut, and on our social media pages!

## Who We Are



**Emily Linklater**

Lead PHA

Major: Criminal Justice

Hometown: Belton, Texas

Fun Fact: Emily owns 9 chickens.



**Haylee Cason**

Lead PHA

Major: Finance/Banking & Financial  
Institutions

Hometown: Robert Lee, Texas

Fun Fact: Haylee enjoys slam poetry.



**Kaitlyn Harrison**

Lead PHA

Major: Biomedical Studies/Pre-  
Pharmacy

Hometown: Fulshear, Texas

Fun Fact: Kaitlyn has been scuba-diving  
certified.



**Sofia Armenta**

Lead PHA



**Annie Littlefield**

Major: Food Science & Nutrition



**Johnna Chen**

Major: Health Sciences/Pre-Nursing

Major: Master's of Clinical Mental Health  
Counseling

Hometown: Cypress, Texas

Fun Fact: Sofia sleeps with socks on.

Hometown: Bryan, Texas

Fun Fact: Annie loves to cook and go to  
the gym.

Hometown: Port Lavaca, Texas

Fun Fact: Johnna is bilingual; she speaks  
Mandarin and English.



## Nancy Tipaz

Major: Public Health

Hometown: Willis, Texas

Fun Fact: Nancy is a Lego addict.

---

## Interested in becoming a PHA?

For more information about PHA, requirements, or the application process, please email [peerhealth@shsu.edu](mailto:peerhealth@shsu.edu).



**Paula  
Bradfield, MEd**

PHA Advisor

Follow our social media pages to stay up-to-date with our programs and events!



#### HOURS

##### **Student Wellness Office**

Monday - Friday

8am-5pm

#### CONTACT INFORMATION

##### **Physical Address**

Sam Houston State University  
Recreational Sports Center  
801 Bowers Blvd, Suite 115  
Huntsville, TX 77340

##### **Mailing Address**

Sam Houston State University  
Student Wellness  
Box 2091  
Huntsville, Texas 77341

(936) 294-2653 | [studentwellness@shsu.edu](mailto:studentwellness@shsu.edu)

#### USEFUL LINKS

[Student Health Center](#)

[Counseling Center](#)

[Services for Students with Disabilities](#)

[Campus Recreation](#)

[Title IX](#)

[Dean of Students](#)