

STUDENT HEALTH SERVICES NEWSLETTER



November 2025

805-922-6966, ext. 3212

CULINARY ARTS & WELLNESS GUIDEBOOK



CULINARY ARTS & WELLNESS GUIDE BOOK

This holistic guidebook highlights the medicinal qualities of food, offers nourishing and accessible recipes, and inspires sustainable practices with practical wellness tools and creative ways to explore food as a pathway to balance, resilience, and joy!



THE WELLNESS COMPANION HUB

The Wellness Companion Hub is a powerful new digital resource designed to support you, your health, your goals, & your college journey.

THE WELLNESS COMPANION HUB WILL FEATURE:
Mental Wellness, Physical Wellness, & Sexual Wellness Resources & Tools

Connected Wellness Video Series:
Educational health and wellness videos for students to learn and develop tangible wellness skills and gain insight into a variety of holistic health practices.

The WELL's Culinary Arts & Wellness Guidebook:
200+ Page Guidebook provides an overview of food justice, the medicinal qualities of foods, nutrition, wellness tools, and a range of cost effective and healthy recipes.

Podcasts & Sonic Resets:
A diverse range of mental wellness podcasts and quick sound sessions with tools to refresh your mind and calm your body.

Wellness Guides, Toolkits & Resources:
Comprehensive support for mind, body, and sexual health in one accessible space. This includes stress relief strategies, sleep tips, movement, nutrition, and healthy intimacy.

COME AND VISIT US AT
WELLCOMPANIONHUB.COM



@WellCompanionHub

STAY CONNECTED. NEW CONTENT ADDED MONTHLY



Touched Grass Lately?

Spending time in nature is very beneficial for your mental and physical health. Being in nature will reduce your heart rate, decrease depression, improve your sleep and lower tension. Check out this article and learn tips to increase the benefits even if you do have limited access to nature.



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LET'S GET VACCINATED

Free Flu Vaccine Available
Now for Credit Students!!!

Make your appointments NOW!
Building J
805-922-6966, ext. 3212



**SAY BOO
TO THE FLU**

Request your appointment here:



HOW TO MAKE AN APPOINTMENT

Main Phone Number:
805-922-6966, Ext. 3212

Request Appointment Online

Main Contact email:
studenthealth@hancockcollege.edu

You are also welcome to stop by the
health center, **building J**, to make
your appointment!

More information available on our
webpage.



WELLNESS WEDNESDAY

Commons Area: 9:00 - 12:00

Acupuncture and massage
is available for students for
free. No appointment
needed, just walk in and
have a seat!

Great way to practice some
self-care and decompress
from a stressful week.

August 20 & 27
September 3, 10, 17, & 24
October 1, 15, & 29

November 5, 12, & 19
December 3



Grief Support Group

Come meet with Linda Peterson, LMFT

August 29		
September 12 & 26	11:30 - 12:30	Building A-401 upstairs
October 10 & 24		
November 7 & 21		
December 5		

A safe, welcoming place to explore
what is "normal" & learn helpful
ways to cope with grief

Contact Student Health Services if you have
any questions.
Building J
805-922-6966, ext. 3212

