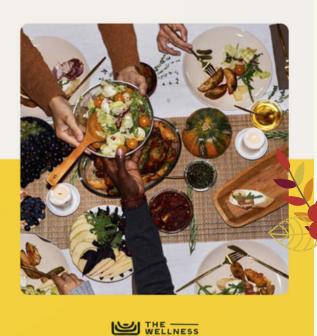
STUDENT HEALTH SERVICES

NEWSLETTER



805-922-6966, ext. 3212

CULINARY ARTS & WELLNESS **GUIDEBOOK**





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!







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.



STUDENT HEALTH SERVICES

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november 2025

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HOW TO MAKE AN APPOINTMENT

<u>Main Phone Number:</u> 805-922-6966, Ext. 3212

<u>Request Appointment Online</u>

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.



