

# STUDENT HEALTH SERVICES NEWSLETTER



November/December 2024

805-922-6966, ext. 3212



## WHAT IS THE BEST STUDY METHOD FOR YOU??

Determining the best study strategies involves evaluating these three variables; subject matter, testing method, and how you prefer to learn. Check out this article for more study tips.

Article link:



## Stress Buster Event: December 4th: 11:00 - 1:00

Feeling the stress of finals coming up? Join us in G106 A&B for yoga, mindful movement, relaxing activities, and meet the mini-horses!



## THE BEST STRESS-REDUCING FOODS

Stress eating is real! Learn how you can harness your eating to boost your mood and impact your stress in a positive way!



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### Campus Well

Campus Well is a digital magazine that provides health and wellness information for college students! It is free for students and new articles are added every week! Check it out!

CAMPUS  
**WELL**

### 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.



### FALL SEMESTER HOURS

Monday & Tuesday: 8:30 - 6:00

Wednesday & Thursday: 8:30 - 4:30

Friday: 9:00 - 12:30

\*closed for lunch 12:30 - 1:30

### LVC Schedule:

#### Health Center:

Monday & Tuesday: 8:30 - 4:30

#### Mental Health:

Monday & Tuesday: 10:00 - 6:00

Wednesday: 8:30 - 4:30

Thursday & Friday: 9:00 - 1:00

### WELLNESS WEDNESDAY!

Acupuncture & Massage services are available Wednesdays: 9 - 12, Common's area.

There is no Wellness Wednesday November 27th & the last day for this semester is December 4th.

So many community partners are joining us in November! Stop by!

