

STUDENT HEALTH SERVICES NEWSLETTER

October 2024

805-922-6966, ext. 3212

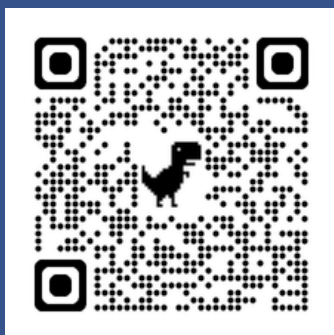


HOW YOU CAN MANAGE YOUR STRESS & BECOME MORE RESILIENT

Some stress can be helpful but excessive stress can cause physical symptoms and lower your ability to learn and retain new information!

Check out this great article that shows you how stress effects your health and discusses techniques to build resilience.

Article link:



Alcohol Awareness Event Oct 30th: 11 - 1 Student Center

Come and learn how alcohol can effect your health and enjoy delicious “mocktails” with ASBG.

Student Health Services will be demonstrating what “1” drink looks like .



ECHECKUP TO GO

This tool allows you to assess your own alcohol use and provides you feedback to lower your risk of negative impacts of alcohol use. There are also cannabis and nicotine assessments available.



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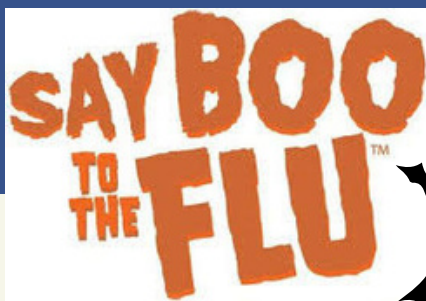
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Flu Vaccine!

Flu Vaccine is available FREE for currently enrolled credit students.

Getting a yearly flu vaccine is highly recommended.

Flu is very contagious and being a college student the chance of exposure is very high. Boost your immunity with an update flu vaccine!



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 October 9th or the 16th .

Planned Parenthood will be joining us October 23rd. Come stop by !



Planned Parenthood California Central Coast

