

STUDENT HEALTH SERVICES NEWSLETTER

September 2024

805-922-6966, ext. 3212



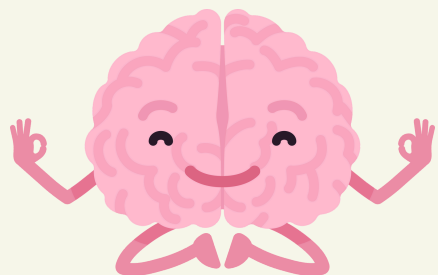
UNLOCKING THE POWER OF POSITIVE AFFIRMATIONS

Check out this great article from Campus Well and explore ways to staying positive.

Research supports the positive impact that self-affirmations have on brain activity!

Article includes a self-affirmation meditation !

Article link:



Albertsons Pharmacy Vaccine Clinic!

September 18th, 9 -12



Let's Get VACCINATED

Student Health Services is hosting Albertsons Pharmacy Flu & COVID Vaccine Clinic
Wednesday, September 18, 2024
9:00 AM - 12:00 PM
Commons Area
Available to Students, Faculty and Staff!

* Register for an appointment. Bring your insurance information and a copy of your consent form to your appointment.



IT'S ALWAYS A GOOD TIME FOR A CUP OF TEA!

Back by popular demand!
Come by the health center and help yourself to a cup of hot tea and grab a snack.

Here to support your wellness one cup at a time.



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Wellness Wednesday!

Joining us September 25, 9 - 1200.
Representatives from YouthWell, a local mental health that focus on prevention and early intervention and outreach specifically for people under that age of 25 and their families. Please stop by and speak with Ashley and learn more about their fabulous programs.

YouthWell
MENTAL HEALTH & WELLNESS • SANTA BARBARA COUNTY

HOW TO MAKE AN APPOINTMENT

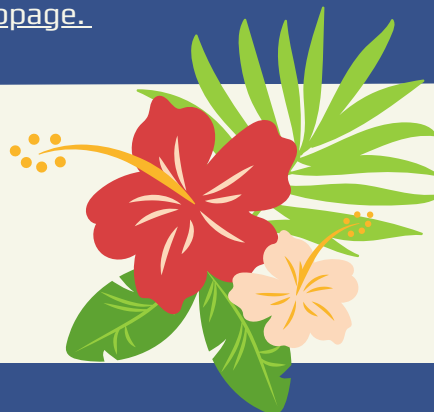
Main Phone Number:
805-922-6966, Ext. 3212

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

DID YOU KNOW ABOUT THE VENDING MACHINES?

There are two vending machines that offer over the counter medications free for students. They are located in building G, Student Center, and building W. Medication choices include Ibuprofen, allergy medication, antacids and more!

