

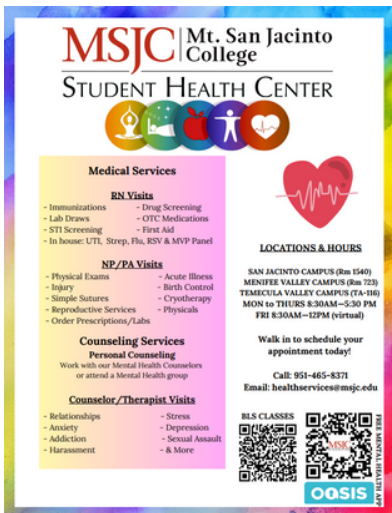
Welcome to the MSJC Health Services newsletter! We are proud to bring you the latest news involving the MSJC Student Health Center, our services, and upcoming events and activities! Please visit us on any of our campuses, with the Student Health Center locations listed below!

Menifee Valley Campus - RM 723

San Jacinto Campus - RM 1540

Temecula Valley Campus - RM TA-116

Resources and Information



**MSJC | Mt. San Jacinto College**  
**STUDENT HEALTH CENTER**

**Medical Services**

**RN Visits**

- Immunizations
- Lab Draws
- STI Screening
- In-house: UTI, Strep, Flu, RSV & MVP Panel
- Drug Screening
- OTC Medications
- First Aid

**NP/PA Visits**

- Physical Exams
- Injury
- Single Sutures
- Reproductive Services
- Order Prescriptions/Labs
- Acute Illness
- Birth Control
- Cryotherapy
- Physicals

**Counseling Services**

**Personal Counseling**

Work with our Mental Health Counselors or attend a Mental Health group

**Counselor/Therapist Visits**

- Relationships
- Anxiety
- Addiction
- Harassment
- Stress
- Depression
- Sexual Assault
- & More

**LOCATIONS & HOURS**

SAN JACINTO CAMPUS (RM 1540)  
MENEFEE VALLEY CAMPUS (RM 723)  
TEMECULA VALLEY CAMPUS (TA-116)  
MON to THURS 8:30AM-5:30 PM  
FRI 8:30AM-12PM (virtual)

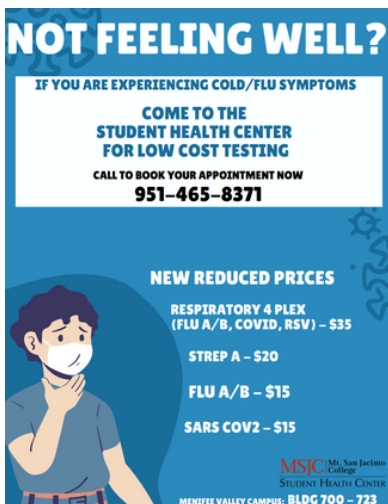
Walk in to schedule your appointment today!

Call: 951-465-8371  
Email: healthservices@msjc.edu

**IBLS CLASSES**

QR CODE

**OOSIS**



**NOT FEELING WELL?**

IF YOU ARE EXPERIENCING COLD/FLU SYMPTOMS

**COME TO THE STUDENT HEALTH CENTER FOR LOW COST TESTING**

CALL TO BOOK YOUR APPOINTMENT NOW  
**951-465-8371**

**NEW REDUCED PRICES**

RESPIRATORY 4 PLEX (FLU A/B, COVID, RSV) - \$35

STREP A - \$20

FLU A/B - \$15

SARS COV2 - \$15

**MSJC | Mt. San Jacinto College**  
**STUDENT HEALTH CENTER**  
MENEFEE VALLEY CAMPUS: BLDG 700 - 723

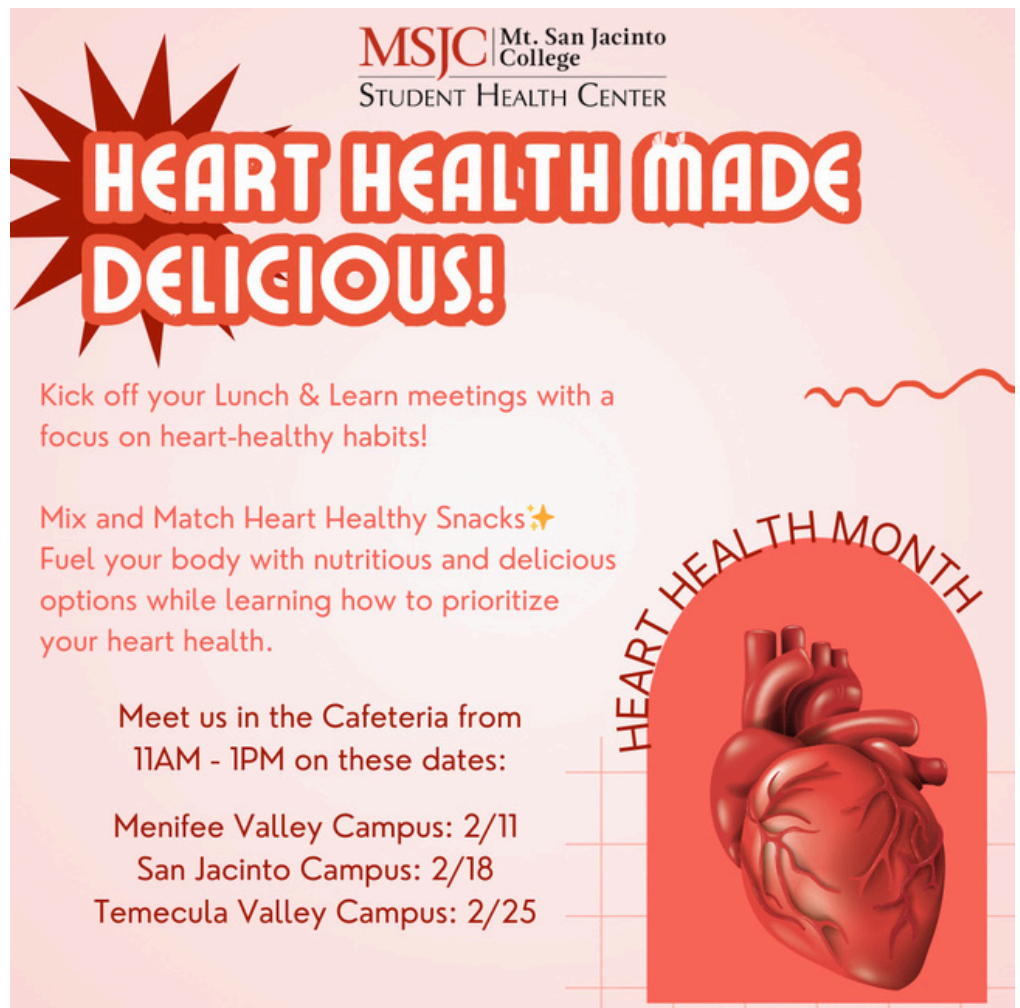
# MSJC | Mt. San Jacinto College

## STUDENT HEALTH CENTER



### February is Heart Health Month!!

Our Lunch & Learn event is kicking off in February! Please join us in learning some new heart-healthy habits!



**MSJC | Mt. San Jacinto College**  
**STUDENT HEALTH CENTER**

**HEART HEALTH MADE DELICIOUS!**

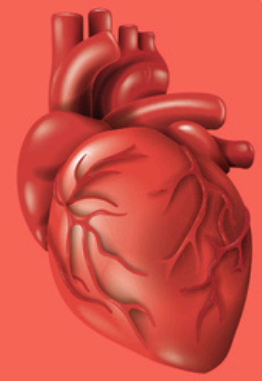
Kick off your Lunch & Learn meetings with a focus on heart-healthy habits!

Mix and Match Heart Healthy Snacks ✨  
Fuel your body with nutritious and delicious options while learning how to prioritize your heart health.

Meet us in the Cafeteria from 11AM - 1PM on these dates:

Menifee Valley Campus: 2/11  
San Jacinto Campus: 2/18  
Temecula Valley Campus: 2/25

**HEART HEALTH MONTH**



Quick Exercise Routine

Using moderate weight, complete the exercises below with 4 sets of 10 reps

- Treadmill Walk - 20 minutes
- Leg Press
- Seated Row
- Dumbbell Shoulder Press
- Bicep Curls

- Home Workout
- Outdoor Walk - 20 minutes
- Bodyweight Squats
- Bodyweight Lunges
- Push Ups
- Plank - 4x30 sec holds

Game of The Week  
SUPER BOWL EDITION!

Eagles vs Chiefs

It was REALLY hard to pick my GOTW for this week y'all. So many excellent matchups to choose from.

In all seriousness, this Super Bowl LVII rematch pits the best two teams in the league (sorry Detroit Lions) and gives Jalen Hurts and the Eagles a chance at a do-over.

The last Super Bowl between these two had the makings of an instant classic before a controversial penalty allowed Kansas City to bleed the clock and kick the game winning FG. Don't be surprised if refs are the topic of conversation after this game either!

Prediction: Chiefs over Eagles 30-26



MSJC is offering **FREE** Yoga classes! Please join us for yoga and mindful meditation, available at all three campuses! And don't worry, these classes will continue past February and through the rest of the semester as well!

 A graphic titled "Yoga Schedule" from MSJC Mt. San Jacinto College Student Health Center. It lists three yoga sessions:
 

<b>11 FEB</b>	San Jacinto Campus 11AM - 12PM Room 1951 (Dance Room)	*Limited Matt Supply! May need to bring your own matt*
<b>25 FEB</b>	Menifee Valley Campus 11AM - 12PM Room 712	
<b>25 FEB</b>	Temecula Valley Campus 2PM - 3PM Cafe / Gym	

There will be a mindful meditation session during the last 10 minutes of the class