

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

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STUDENT HEALTH CENTER



VISIT OUR STUDENT HEALTH CENTER TABLE FOR WELCOME WEEK!

Welcome back Eagles!

As we get ready to kick off the Spring 2025 semester, please visit the Student Health Center table at Welcome Week! There will be a host of free gifts, information, resources, and more!

Remember to make use of all of the services we offer for students, such as physicals, labs, STI testing, free mental health counseling, and more!

Resources and Information

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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

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STUDENT HEALTH CENTER
MENEFEE VALLEY CAMPUS: BLDG 700 - 723



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
PLAYOFF EDITION!**

Eagles vs Packers

It's officially playoff season!!

Our GOTW for the Wildcard round is a matchup that SHOULD see plenty of offensive fireworks, though both teams are a little more throwback in their offense, as neither are very prolific through the air. The Eagles, led by MVP candidate and 2k rusher Saquon Barkley, ranked 2nd in rushing in the regular season, while the Pack ranked 5th. Expect both teams to play a ball control style, chewing up yards with long, methodical drives to try and keep the opposing offense off the field as much as possible.

The Eagles boast the better roster top to bottom, but Packers QB Jordan Love is the X-factor, and he may need a superhuman effort to overcome the Eagles in front of a rabid, raucous Philadelphia crowd. Don't miss this one!



MSJC is proud to offer FREE Mental Health counseling to all students currently enrolled for the given semester. Please visit our Health Centers or call us at 951-465-8371 to schedule your free appointment!

And while you're here, be sure to grab some flyers and ask about our upcoming events and fun activities!

