



WELCOME      WORKSHOPS & EVENTS      DID YOU KNOW?

SUPPORTING STUDENTS WELL BEING STARTS IN THE CLASSROOM.

HERE AT THE STUDENT HEALTH CENTER WE SUPPORT STUDENT SUCCESS THROUGH ACCESSIBLE MEDICAL CARE, MENTAL HEALTH SERVICES, AND WELLNESS EDUCATION. BELOW ARE RESOURCES, UPCOMING EVENTS, AND TOOLS YOU CAN EASILY SHARE WITH STUDENTS.

DON'T BE AFRAID TO GIVE A HELPING HAND!

MEDICAL & MENTAL HEALTH SERVICES

Students can access affordable medical care & free personal therapy sessions on campus. Visit us for:

- Common illnesses (Cold, flu, Strep, etc)
  - Preventative services (well women exams, reproductive health, etc)
  - Therapy Sessions
  - Workshops
  - Allied Health Program Requirements
- Learn more at [www.msjc.edu/healthcenter](http://www.msjc.edu/healthcenter)

MSJC Mt. San Jacinto College  
STUDENT HEALTH CENTER

## Wellness & Authenticity

CONNECT WITH YOURSELF AND OTHERS THROUGH SHORT FILMS ABOUT MENTAL HEALTH

REGISTER WITH QR CODE

WEDNESDAY  
MARCH 18, 2026  
2:30PM - 4:00PM

MSJC Mt. San Jacinto College  
STUDENT HEALTH CENTER

### March Yoga Schedule

Thurs	<b>San Jacinto Campus</b> 3/5, 3/12, 3/19, 3/26	*Limited M Supply! M need bring yo own m
	10AM - 11AM Building 1900, RM 1952	
Tues	<b>Menifee Valley Campus</b> 3/17	
	11AM - 12 PM Building 700, RM 712	
Tues	<b>Temecula Valley Campus</b> 3/3, 3/24	
	11AM - 12PM 1 <sup>st</sup> Floor, TA-119	

- That eating a source of protein and fiber together helps keep your energy steady!
- TIP
- This is importance because it reduces afternoon fatigue & supports mental focus! Try this!

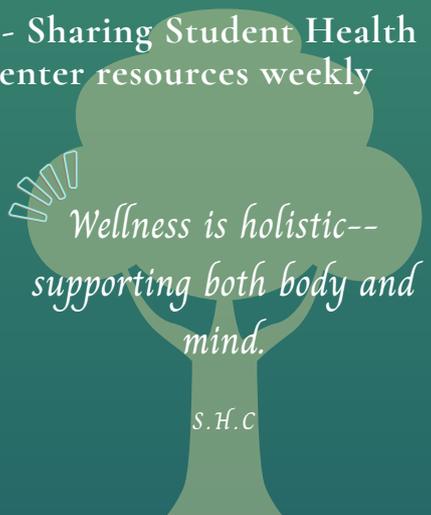


RECIPES  
Grab & Go Oatmeal Cups

WELLNESS CORNER

Supporting Students During Stressful Weeks

- Consider:
- A brief breathing or stretch break
  - Reminding students it's okay to seek help early
  - Sharing Student Health Center resources weekly



INVITE US TO YOUR CLASSROOM

We offer short classroom presentations on:

- Medical services
- Stress management
- Mental health
- Customized presentations available



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