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 activites! 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



MSJC Homecoming: Pink Out for Breast Cancer Awareness!

Mark your calendars for Thursday, October 9th, as the MSJC Eagles take the field for our Homecoming Game! This year, we're turning the stands pink in a powerful show of support for breast cancer awareness.

Fans are encouraged to wear pink and join in the cause. To help fill the stadium with color and spirit, free pink swag will be handed out to attendees. Come early to grab yours!

Homecoming is more than just a game, it's a celebration of Eagle pride, campus unity, and community strength. Let's cheer on our Eagles, honor survivors, and raise awareness together.

Bring your energy, bring your pink, and let's make October 9th a night to remember. Go Eagles!





#### **FREE Flu Shots!!**

Call or visit us today to make an appointment. Walk-ins may be accepted depending on availability, however appointments are preferred!



### 🐕 Virtual Workshop: Cultivating Self-Compassion 💻

Take a moment for yourself and join MSJC for a Self-Compassion Workshop on Tuesday, October 14th, from 3–5 p.m. on Zoom. This interactive session will guide you through practical tools to manage stress, quiet your inner critic, and strengthen your overall well-being.

Open to all students, staff, and faculty, this workshop is a chance to pause, recharge, and build healthier habits of self-kindness.

## Scan the QR code on the flyer to register and receive the Zoom link.

