

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

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STUDENT HEALTH CENTER
MENEFEE VALLEY CAMPUS: BLDG 700 - 723

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STUDENT HEALTH CENTER



GET YOUR FREE FLU SHOTS!!

All November long! Visit any Student Health Center at our 3 campuses to receive a FREE flu shot! Call beforehand for an appointment if possible! Walk-ins are only accepted pending availability so it is best to call first and setup an appointment!

FREE FLU SHOT

AVAILABLE AT THE STUDENT HEALTH CENTER

Illustration of a person wearing a mask and getting a flu shot.

FREE FLU SHOTS
(AVAILABLE TO STAFF/FACULTY - STUDENTS HAVE PRIORITY)

APPOINTMENT REQUIRED - CALL NOW 951-465-8371

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STUDENT HEALTH CENTER

MENEFEE VALLEY CAMPUS
BLDG 700 - ROOM 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!

Ravens vs Bengals

These two teams met one month ago in a Week 5 offensive explosion. MVP favorite Lamar Jackson and the Bengals Joe Burrow combined for 800 yards of offense and 9 touchdowns between the two of them, with the two teams offering up the current Game of The Year in a 41-38 barnburner

This heated divisional rematch between these longtime foes could see Lamar cement his third MVP campaign while Burrow and the Bengals fight to keep their disappointing season from slipping away!

Tune in this Thursday night at 5:15pm for all of the action!



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!

