

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



Breast Cancer Awareness Month

October is Breast Cancer Awareness! Please visit our table at the football game between **2:30 - 5:30PM on Saturday, October 26th**, before the Eagles take on San Diego Mesa! We will be giving out free swag, resources, and information, as well as pink stickers and decals for everyone to show their support!

Resources and Information

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STUDENT HEALTH CENTER

Medical Services

RN Visits

- Immunizations
- Lab Drawn
- STI Screening
- Flu Shot
- In-house: UPL, STrep, Ph, BV & MVP Panel

NP/PA Visits

- Physical Exams
- Injury
- Simple Referrals
- Reproductive Services
- Ocular Prescriptions/Labs
- Acute Illness
- Birth Control
- Contraception
- Physicals

Counseling Services

Personal Counseling
Work with our Mental Health Counselors or attend a Mental Health group.

Counselor/Therapist Visits

- Relationships
- Anxiety
- Addictions
- Bereavement
- Stress
- Depression
- Sexual Assault
- Abuse

LOCATIONS & HOURS

SAN JACINTO CAMPUS (RM 1540)
MENIFEE VALLEY CAMPUS (RM 723)
TEMECULA VALLEY CAMPUS (RM TA-116)

MON - THURS 8:00AM - 5:00 PM
FRI 8:00AM - 12PM (partial)

Walk in to schedule your appointment today!
Call: 951-465-8371
Email: healthservices@msjc.edu

MSJC CARES

MSJC CARES is a free, confidential, and anonymous service that provides support and resources for students experiencing a crisis. Call 951-465-8371 or visit www.msjc.edu/cares for more information.

OASIS

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STUDENT HEALTH CENTER

50% off STI/STD Testing
discreet, confidential.

1. Follow @msjchealth on Instagram, Facebook, and Twitter.

2. Receive 50% off of any sexual health care offered here until **October 31st, 2024**.

FEES

MALE AND FEMALE
WELL: \$15.00

TRIALS ONLY
"TV" TEST/FEEL: \$35.00
"C" TEST/FEEL/CONFIDENTIAL: \$45.00

"Take control of your sexual health. Get screened today."



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

Fantasy Football Corner

START

- QB: Kirk Cousins
- RB: J.K. Dobbins
- WR: DJ Moore
- TE: Cole Kmet
- FLEX: Deebo Samuel
- K: Younghoe Koo
- D/ST: Atlanta Falcons

SIT

- QB: Brock Purdy
- RB: Rico Dowdle
- WR: Amari Cooper
- TE: Evan Engram
- FLEX: Devin Singletary
- K: Matt Prater
- D/ST: Dallas Cowboys



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College
MENTAL HEALTH SERVICES

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!

