



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!

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

- 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!



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

MSJC Mt. San Jacinto College
STUDENT HEALTH CENTER

March Yoga Schedule

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

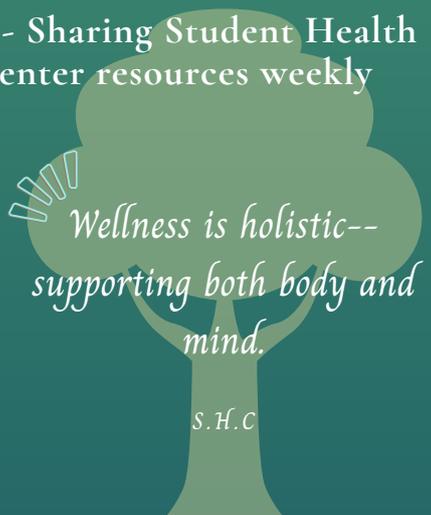
RECIPES

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

Email | healthservices@msjc.edu

