

STUDENT HEALTH SERVICES NEWSLETTER



August 2024

805-922-6966, ext. 3212



ASK THE DOC: "HOW DOES SCREEN TIME AFFECT YOUR PHYSICAL HEALTH, SPECIFICALLY YOUR EYES?"

Check out this great article from Campus Well and learn the effects of screen time on your health.

Some symptoms of excessive screen time includes dry eyes, eye strain and headaches.

Article includes many tips to reduce these symptoms !

Article link:



NEW HEALTH CENTER IS OPEN!!

Please come and check out the new facility!

We are very proud to provide students services in this professional & improved space!!

SIP, SIP, HOORAY! IT'S TEA TIME!!

Back by popular demand!
Come by and help yourself to a cup of hot tea and grab a snack.
Here to support your wellness one cup at a time.



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Wellness Wednesday! ACUPUNCTURE & MASSAGE WITH DR. KANDEL



Starting August 21
9:00 - 12:00
Commons Area

FALL SEMESTER HOURS

Monday & Tuesday: 8:30 - 6:00
Wednesday & Thursday: 8:30 - 4:30
Friday: 9:00 - 12:30
*closed for lunch 12:30 - 1:30

LVC Schedule:

Health Center:

Monday & Tuesday: 8:30 - 4:30

Mental Health:

Monday & Tuesday: 10:00 - 6:00
Wednesday: 8:30 - 4:30
Thursday & Friday: 9:00 - 1:00

HOW TO MAKE AN APPOINTMENT

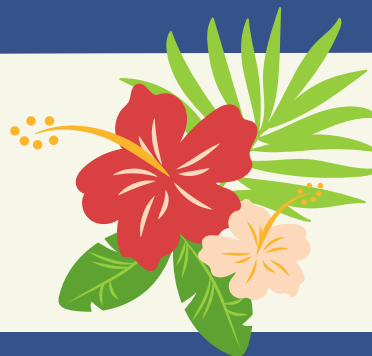
Main Phone Number:
805-922-6966, Ext. 3212

Request Appointment Online

Main Contact email:
studenthealth@hancockcollege.edu

You are also welcome to stop by the health center, **building J**, to make your appointment!

More information available on our webpage.



WELCOME, DALIA SMITH, RN

Dalia joins the Student Health Services team again! Dalia will be providing health services in LVC! We are so happy to have her back after completing her RN/BSN!! So proud to have our Medical Assistant student achieve her academic goals and return to serve students!!