

# STUDENT HEALTH SERVICES NEWSLETTER

January 2025

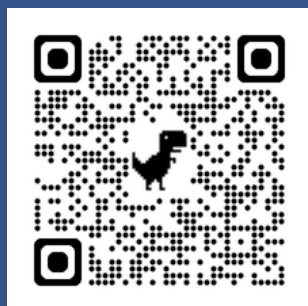
805-922-6966, ext. 3212



## FITNESSU: TRY THIS TOTAL BODY CHAIR WORKOUT BETWEEN STUDY SESSIONS

Did you make a New Year's Resolution to get fit? Here is a great work out to add to your day whether you are on campus or home!

Article link:



## WAYS TO BEAT NICOTINE CRAVINGS



CHANGE WHAT YOU'RE DOING



TRY A BREATHING EXERCISE



PLAY A GAME



GET ACTIVE



ASK FOR SUPPORT



POP A CANDY

## Albertsons Pharmacy Vaccine Clinic

February 12: 9:00 - 12:00

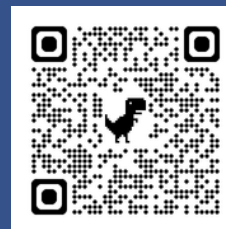
Albertson's pharmacy will be in the Common's Area providing multiple vaccines, such as FLU, COVID, HPV, Tdap, Varicella. Please register at the link below and remember to bring your insurance information.



## WANT TO QUIT VAPING? HOW TO TELL IF YOU ARE READY

Another valuable New Year's Resolution is to become nicotine free! Check out this article to see if you are ready! Student health service provides a cessation program FREE for students!

Article link:



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## Did you know?

Student health services has over the counter medication available for students! You can stop by the health center and request what you need, stop by a vending machine in the Student Center or building W, or you can submit an order online!! All FREE!!!

### Student Health Services Custom Order

Complete the following order form with your request and we will have your order ready for you to pick up within 24-48 hours. Schedule is subject to change, please refer to our hours on our website or call (805) 922-6966 x 3212 for more information.

When order is ready, pick-up will be available at Student Health Center in building W at the Santa Maria Campus. Please park in parking lot 6, remain in your car, and call (805) 922-6966 x 3212 when you are outside. Someone will meet you with your order.

Please limit your order to a max quantity of 10 per item. Thank you.

\* Required

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Ibuprofen

Temporarily relieves minor aches and pains associated with: headaches, backaches, common cold, minor arthritis pain, toothache, menstrual cramps, and muscular aches.

Please indicate below how many packets you would like.



Enter your answer

## 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.



## SPRING 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:

Thursday & Friday: 9:00 - 3:00

## WELLNESS WEDNESDAY!

Acupuncture & Massage services are available Wednesdays: 9 - 12, Common's area. First day back for Spring Semester is January 22nd.

