

Valley Presbyterian Hospital Student Health Center

Spring 2018 Wellness Calendar

<p>February 7th 9am-1pm Student Union Plaza</p>	<p>Welcome Back Day – Welcome to the new semester.</p> <p>Visit our table to find out about medical and psychological Services offered at the Student Health Center</p>
<p>February 14th 9am-12:30pm Student Union Plaza</p>	<p>National Condom Day - FREE Condoms, Valentine’s Day Photo Booth, Community Resources, and STD educational materials. HAPPY VALENTINE’S DAY!</p>
<p>February 28th Time: TBA Student Union Plaza</p>	<p>Club Day: Black Heritage Celebration – Coronary Artery Disease Prevention tabling with educational materials on heart health and blood pressure, statistics on African Americans and heart disease.</p>
<p>February 28th 9am-3pm Monarch Hall</p>	<p>American Red Cross Blood Drive – Presented by the Student Health Center</p> <p>Appointments strongly encouraged but and walk-ins also welcomed. For questions go to www.redcrossblood.org or visit Monarch Hall the day of the blood drive.</p>
<p>March 7th 9am-1pm Student Union Plaza</p>	<p>Club Day: National Colorectal Cancer Month – Promote Veg Pledge (pledge to increase consumption of vegetables and prevent colorectal cancer) Educational materials and resources will be available</p>
<p>March 12th 9am-3pm Monarch Hall</p>	<p>American Red Cross Blood Drive – Presented by the Student Health Center</p> <p>-Appointments strongly encouraged but and walk-ins also welcomed. For questions go to www.redcrossblood.org or visit Monarch Hall the day of the blood drive.</p>
<p>April 11th 9am-3pm Monarch Hall</p>	<p>American Red Cross Blood Drive – Presented by the Student Health Center</p> <p>Appointments strongly encouraged but and walk-ins also welcomed. For questions go to www.redcrossblood.org or visit Monarch Hall the day of the blood drive.</p>
<p>April 11th 9am-1pm Student Union Plaza</p>	<p>Sexual Assault Awareness / Denim Day – Will provide community resources and educational materials on Sexual Assault. Student Health Center psychology therapists will be available for information about scheduling appointments*</p> <p><i>*Therapy available for students only through Student Psychological Services</i></p>
<p>April 25th 8:30am-12:30pm Student Union Plaza</p>	<p>Annual Health Fair & Career Expo – FREE on-site health screenings, explore employment opportunities, and a variety of health activities including obesity prevention.</p>
<p>May 2nd 9am-1pm Student Union Plaza</p>	<p>Mental Health Awareness Tabling –Mandala demonstrations with opportunity to create your own, stress reduction techniques, and information on depression and suicide prevention.</p>
<p>May 14th 9am-3pm Monarch Hall</p>	<p>American Red Cross Blood Drive – Presented by the Student Health Center</p> <p>Appointments strongly encouraged but and walk-ins also welcomed. For questions go to www.redcrossblood.org or visit Monarch Hall the day of the blood drive.</p>