

# Valley Presbyterian Hospital Student Health Center

## Spring 2018 Wellness Calendar

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