

Valley Presbyterian Hospital Student Health Center

Spring 2019 Wellness Calendar

<i>Date</i>	Event Title
February 6th 9am-1pm Monarch Square	Welcome Back Day – Welcome to the new semester!!! Visit our table to find out about medical and psychological Services offered at the Student Health Center. Free backpacks with resources and hygiene supplies!
February 20th 9am-12:30pm Student Union Plaza	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. Come get your blood pressure checked! There will be FREE jump ropes, while supplies last!
February 11th 9am-3pm Monarch Hall	American Red Cross Blood Drive – Presented by the Student Health Center 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.
March 6th 9am-1pm Library Lawn	Club Day: Contraception & STD/I Awareness – Provide information on birth control options, bedside resources and areas to seek free or low-cost testing in the community. FREE condoms, while supplies last!!!
March 11th 9am-3pm Monarch Hall	American Red Cross Blood Drive – Presented by the Student Health Center 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.
March 20th 9am-3pm Student Services Plaza	Club Day: National Colorectal Cancer Month – Promote Veg Pledge (pledge to increase consumption of vegetables and prevent colorectal cancer). We will offer FREE lunch bags, while supplies last. Educational materials and resources will be available
April 8th 9am-3pm Monarch Hall	American Red Cross Blood Drive – Presented by the Student Health Center 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.
April 10th 9am-1pm Monarch Square	Sexual Assault Awareness / Denim Day – Will provide community resources and educational materials on Sexual Assault. Whistles for anyone who attends to promote self-defense. Student Health Center psychology therapists will be available for information about scheduling appointments* <i>*Therapy available for students only through Student Psychological Services</i>
April 23rd 8:30am-12:30pm Student Union Plaza	Annual Health Fair & Career Expo – FREE on-site health screenings, explore employment opportunities, and a variety of health activities including obesity prevention.
May 13th 9am-3pm Monarch Hall	American Red Cross Blood Drive – Presented by the Student Health Center 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.