

THE OFFICE OF HEALTH SERVICES NEWSLETTER

ISSUE 4: DECEMBER/JANUARY



A message from our Office

Dear MEC Scholar,

As another semester comes to a close, please continue to make your health a priority. For this holiday season, the Office of Health Services wishes you and yours a joyous holiday season. May your wishes come through and may you have a healthy and prosperous New Year!!!

Reminders

- Weekly Health Insurance tabling with Emblem Health AB 1 lobby.
- Biweekly HIV/STI testing with Planned Parenthood.

Monthly Awareness

World AIDS Day

December 1st has been designated the day the world comes together in a global movement in the fight against HIV and AIDS. The red ribbon seen worn on this day or throughout the month, signifies awareness and support for people living with HIV.

Upcoming Events

Dec. 3: World AIDS Day tabling
Dec. 8-Dec. 12- Stress Free Zone
Dec. 15- Last of classes
Jan. 2- Winter Session Begins
Jan. 26- Spring Semester begins

Contact Health Services



healthservices@mec.cuny.edu



718-270-6075



MECHEALTH

Happy Holidays

MONTHLY WELLNESS CORNER

Did you know?

If your house smell fishy and you are not cooking fish. Check your electric wires. Burnt wires or sockets give off a fishy scent. As you prepare your homes for the holiday season, please BE SAFE.

Health Trivia Question

What is the recommended amount of moderate-intensity activity you should get each week?

- A. 2 hours**
- B. 2.5 hours**
- C. 3 hours**
- D. 3.5 hours**

**OHS is
here to support
YOU!!**

Green Grinch Smoothie

**1-2 very ripe bananas
(start with one banana and add more if you need it to be sweeter)
1 cup frozen mango
1/2 cup frozen pineapple
1-2 big handfuls of baby spinach
2 cups water or milk of choice
whipped cream or whipped coconut cream (for dairy free option)
fresh raspberries**

Community Corner

Each month we will highlight a support service on campus. This month we are highlighting the Transition Academy. This office support students experiencing housing or food insecurity.

**For inquiries, email
transitionacademy@mec.cuny.edu.**

Happy Holiday