

THE OFFICE OF HEALTH SERVICES NEWSLETTER

ISSUE 6: MARCH 2026

Welcome Spring!

Let's embrace the fresh beginnings
that Spring brings to our campus community!

A message from our Office

Dear MEC Scholar,

As we **spring** into a new season of
renewal, remember to:

Be spontaneous: enjoy the beautiful
weather, enjoy the changes with
spring time.

Be Patient with Yourself: Mistakes are
part of the learning process. Don't be
hard on yourself.

AND

Be Kind to Yourself: Take time for your
own well-being.



Reminders

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

Upcoming Events

**Mark your calendars! We have a
lineup of events planned for
everyone.**

- Health & Wellness Fair: March 11
- Spill The Tea: March 12
- Social Work Conference: March 19
- LGBTQIA+ Conference: March 27

Contact Info



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MECHEALTH



MONTHLY WELLNESS CORNER



Did You Know?

Spring makes you feel happier because of *serotonin* produced by the brain!!

Spring into Fun!

Health Trivia Question

In which country do cherry blossom trees signify the beginning of spring?

- A) Thailand
- B) China
- C) Japan
- D) America

Answer: C

Taste of Spring!

Supercharge or Energizing

Smoothie

1 cup fresh beets

1 banana

1 orange

1/2 cup strawberries,

1 grapefruit

1 cup kale

1 cup coconut water

1 cup yogurt

2 capfuls apple cider vinegar

ginger or turmeric to taste

Community Corner

This month we are highlighting the Trio Student Support Services (SSS) Program. This program was developed to increase the number of disadvantaged, low-income, first-generation college students, and college students with disabilities who successfully complete a program of study at the postsecondary level. For more information, please email Cemokpae@mec.cuny.edu.

