

THE OFFICE OF HEALTH SERVICES NEWSLETTER

ISSUE 8: MAY 2026

Message from our Office

Dear MEC Scholar,
As another semester comes to a close, to those graduating, congratulations on achieving this goal wishing you great success in your future endeavors. To those continuing, continue to thrive, your hard work is paying off. In everything, please continue to make your health a priority.

Remember to:

- Fill Your Plate With Fresh, in-Season Fruits & Vegetables.
- Stay Hydrated – WATER, WATER .
- Get Outside & Get Moving
- Soak Up the Sun but **DON'T** forget your sunscreen. May is Skin Cancer Awareness Month. [Click](#) for more detailed seasonal tips.



Reminders

Weekly Health Insurance tabling
with Emblem Health
AB 1 lobby

Upcoming Events

- May 6–Spring Fest & Senior BBQ
- May 15: Last Day of Classes
- May 29: Graduation

Contact Info



healthservices@mec.cuny.edu



718-270-6075



MECHEALTH

MONTHLY WELLNESS CORNER



Did You Know?

The month of May is named after the Greek goddess Maia, who represents fertility and spring.

Smoothie Corner

Blueberry Lemon Smoothie

1 cup frozen blueberries

1 frozen ripe banana

½ lemon, juiced (about 2
tablespoons)

Zest from 1 lemon

½ cup almond milk or dairy-free
milk

Add: 1/2 cup Greek yogurt or rolled
oats for creaminess/thickness



Health Trivia Question

Which part of your body works like a pump?

- A) Lungs
- B) Eye
- C) Heart

c. heart

Community Corner

The Office of Student Life & Development is centered around supporting the student as they navigate their college experience. They will help you find your voice, build community, and get involved. Whether you're joining a club, leading an initiative, or attending campus events, this is your space to grow. For more information, contact the office at :

T: 718-270-6050 or

StudentLife@mec.cuny.edu