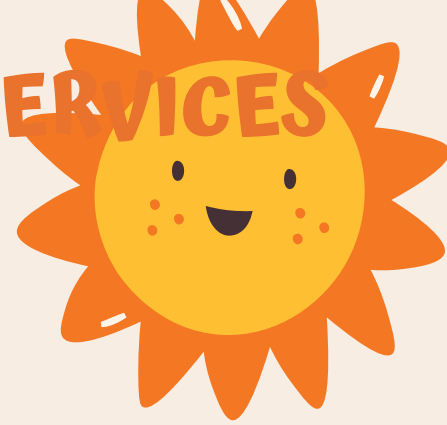




THE OFFICE OF HEALTH SERVICES

NEWSLETTER

ISSUE 9: JUNE 2026



Message from our Office

Dear MEC Scholar,

Happy Summer! As this academic year concludes, farewell to our graduates. CONGRATULATIONS on receiving your degree. We encourage everyone to enjoy a well-deserved, fun-filled break, make time for yourself, enjoy some relaxation, and sunshine. Take this summer to recharge, create new memories with friends and family. OHS wishes you a safe, happy, and refreshing summer vacation—you earned it and you deserve it!!!



Reminders

Weekly Health Insurance tabling
with Emblem Health
AB 1 lobby

Upcoming Events

June 19: Juneteenth (National
Independence Day)



Monthly Awareness

National Safety Month

An annual initiative to raise awareness about reducing preventable injuries and deaths at work, on the road, and in communities. Visit [National Safety Council](https://www.nsc.org) for more information and tips.



Contact Info

 healthservices@mec.cuny.edu

 718-270-6075

 [MECHEALTH](https://www.instagram.com/MECHEALTH)



MONTHLY WELLNESS CORNER



Did You Know?

Lengthy sun exposure can raise the risk for skin cancer if you don't take steps to protect yourself. Let's assess sun exposure. Take [quiz](#).

Health Trivia Question

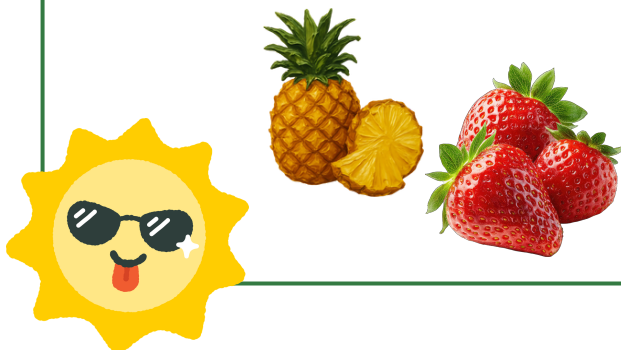
What is the minimum SPF rating recommended for daily summer protection?

- A) SPF 50
- B) SPF 30
- C) SPF 60
- D) SPF 45

Smoothie Corner

Tropical Summer Fruit Smoothie

1 ½ cups frozen mango chunks
1 cup frozen strawberries
1 cup frozen sweet pineapple
2 cups orange juice
1 cup vanilla yogurt



Community Corner

Interfaith Services is an opportunity for students to explore and expand their understanding of their own faiths and others' faiths. Interfaith Services provides pastoral care and services to the college community.

Weekly Schedule

Tuesdays 9:00am – 11:00am Thursdays
10:00am – 12:00pm
Mass- Tuesdays 11:30am–12:00pm