

Office of Health Services Newsletter

Issue 11 : October 2026



MESSAGE FROM OUR OFFICE

Dear MEC Cougars,

Your health and well-being MATTERS. As a student, your health is important for your academic success and your overall quality of life. Remember what you put into your body today, will affect you tomorrow. The Office of Health Services is available to support you with your physical and emotional health needs throughout the academic year.

If you are feeling unwell, need medical assistance, have questions about your health, or would like to speak with someone, please reach out to OHS. We encourage you to seek help early and take care of yourself.

Remember to:

- Practice good hygiene, including regular handwashing.
- Get enough rest, eat well, and stay hydrated.
- Reach out for support when you need it.

Please do not hesitate to contact Health Services with any questions or concerns.

Take care and stay healthy!

Regards,
Ms. Willie
Director, Office of Health Services

MONTHLY AWARENESS

Breast Cancer Awareness

Breast cancer is the most common cancer affecting women in the United States. Around one in eight women will develop breast cancer. Support the MEC Striders throughout October to raise awareness within the MEC campus community.

UPCOMING EVENTS

- **Wednesday, October 7th**
 - Breast Cancer Awareness Brunch
 - Planned Parenthood Mobile Unit
- **Tuesday, October 20th**
 - Retention Convention
- **Sunday, October 25th**
 - Walk for a cause at Coney Island

CONTACT US



healthservices@mec.cuny.edu

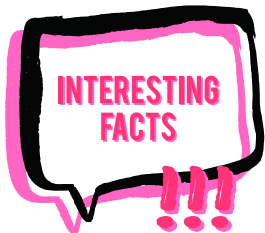


718-270-6075



MECHEALTH

MONTHLY WELLNESS CORNER



Did you know?

Self Breast Exams (BSE) are no longer recommended. Instead individuals are encourage to know how breast normally look and feel, report any changes immediately and get routine mammograms starting at the age of 40.

Health Trivia Question ?

Starting at age 30, women should have a mammogram every one or two years.

- A. True
- B. False

OHS is
here to support
YOU!!

The "Cancer-Kicking" Berry-Flax Smoothie

- 1 cup mixed frozen berries (blueberries, raspberries, strawberries)
- 1/2 frozen banana (adds potassium and natural sweetness)
- 1 to 2 handfuls baby spinach or kale (cruciferous greens fight cancer cells)
- 2 tablespoons ground flaxseed meal (contains lignans shown to prevent breast cancer)
- 1 tablespoon almond butter (provides healthy fats and extra calories)
- 1/2 cup plain Greek yogurt (boosts protein to maintain muscle mass)
- 1 cup unsweetened almond milk or soy milk (smooth liquid base)

Optional Boosters: 1/2 tsp grated fresh ginger (to fight nausea) or a dash of amla powder.

Community Corner

October is breast cancer awareness month, therefore we will highlight a community organization known to assist in raising funds to help improve the lives of people with cancer and their families. Through advocacy, research, and patient support, the **American Cancer Society** has significantly brought awareness and support to many affected by cancer. To doante, click [here](#).