

STUDENT HEALTH SERVICES NEWSLETTER

January 2024

805-922-6966, ext. 3212



SPECIAL ACTIVITIES

Mindfulness Meditation Workshops

Every Monday & Thursday 12 - 1230
via Zoom, link found on webpage

Acupuncture & Massage

Dr. Kandel
Last Acupuncture clinic
Wednesday, 9 - 12
Commons Area, weather permitting
No appointment necessary

Family Planning Clinic:

The Center
2nd & 4th Wednesdays, 1:30 - 4:00

WELCOME BACK!

We are so happy to have you back on campus!

Student Health Services hours:

- Mon & Tues: 8:30 - 6:00
- Wed & Thurs: 8:30 - 4:30
- Fridays: 9:00 - 1:00

Lompoc Valley Center

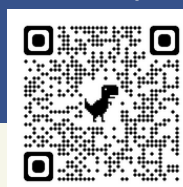
- Health Center TEMPORARILY closed
- Mental health counseling remains available
- Please call ext. 3212 for assistance



NALOXONE & FENTANYL TEST STRIPS

Opioid overdose prevention and safety is a priority!

Naloxone is available in Student Health Services. Fentanyl test strips are on their way, stay tuned.



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HEALTH CHECKUP AVAILABLE!

When was your last Physical? ★★★★★

- Cholesterol Screening
- Blood Glucose
- Anemia Screening
- BMI
- Blood Pressure Check
- Health Review

Free for Students!

Schedule your Health Checkup today!

Meet with one of our nurses who will review your test results and assist you achieve your health goals.

Call for Appointment
805-922-6966,
ext. 3212

Scan to request an appointment



HOW TO MAKE AN APPOINTMENT

Main Phone Number:
805-922-6966, Ext. 3212

[Request Appointment Online](#)

Main Contact email:
studenthealth@hancockcollege.edu

You are also welcome to stop by the health center to make your appointment!

More information available on our [webpage](#).



HOW TO ORDER ITEMS

Two vending machines with free medications and other items located in building W and the Student Center.

You can also order items to be picked up at the health center by completing this [form](#).



THE VIRTUAL
CARE
GROUP

Telehealth Made Easy for Higher Ed
A California Company

Student Health Services Custom Order

Complete the following order form with your request and we will have your order ready for you to pick up within 24-48 hours. Schedule is subject to change, please refer to our hours on our website or call (805) 922-6966 x 3212 for more information.

When order is ready, pick-up will be available at Student Health Center in building W at the Santa Maria Campus. Please park in parking lot 6, remain in your car, and call (805) 922-6966 x 3212 when you are outside. Someone will meet you with your order.

Please limit your order to a max quantity of 10 per item. Thank you.

Required

1
Ibuprofen

Temporarily relieves minor aches and pains associated with:
headaches, backaches,
common cold, minor arthritis pain,
toothache, menstrual cramps, and
muscular aches.

Please indicate below how many packets you would like.

Enter your answer



THE VIRTUAL CARE GROUP

The Virtual Care Group provides FREE 24/7 mental health services for Credit and Non-Credit students. Please visit this [site](#) to sign up.



Student Health Services Custom Order

