

**HEALTH SERVICES PRESENTS:**  
**HEALTHY TOPICS FOR EVERYDAY LIVING**

# MARCH 2018

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
				1 MCC's Katie Nicholas answers your questions about Title IX	2	3
4	5 <b>Highland Family Planning</b> Learn about birth control, safer sex and healthy relationships	6 <b>Comprehensive Care Center for Eating Disorders-URMC</b> Recovering from eating disorders	7 <b>Recovery Support Navigator</b> Finding help in addiction recovery	8 <b>Jordan Health</b> Learn about HIV, prevention and testing/treatment options	9	10
11	12 <b>CC Health Services</b> "Live, Learn and Breathe" Tobacco-Free MCC	13 <b>SNAP</b> Receive prescreening counseling and applications for Supplemental Food Assistance Plans	14 <b>MCC Health Services</b> Understand the fundamentals in establishing good sleep habits	15 <b>ROcovery Fitness</b> Learn about a supportive community brought together by sober living	16	17
18	19 <b>Recovery Support Navigator</b> Finding help in addiction recovery	20 <b>Highland Family Planning</b> Learn about birth control, safer sex and healthy relationships	21 <b>MCC Health Services</b> Learn about elements that contribute to a positive body image	22 <b>MCC Health Services</b> Learn about how drugs can affect your overall health and safety	23	24
25	26 <b>SNAP</b> Receive prescreening counseling and applications for Supplemental Food Assistance Plans	27 <b>UNIVERA Healthcare</b> <b>Behavioral Health-</b> <b>Supporting your own mental health</b>	28 <b>Community Place of Greater Rochester</b> Learn how to avoid problem gambling	29 <b>MCC Health Services</b> Learn about potential health risks associated with tattoos and piercings	30	31