

Please Join Us!

MCC Student Health Services in collaboration with MCC Tobacco-Free Steering Committee, Counseling, International & Veteran Services (CIVS), Resident Life Services, Student Services, DCC Student Services, Highland Family Planning (HFP), URM Center for Community Health (URMC), Department of Public Health Research Sciences (PHRS), and the Monroe County Health Department (MCHD) are offering the following schedule of "Healthy" presentations for students.



Monroe Community College

STATE UNIVERSITY OF NEW YORK
www.monroecc.edu

Student Health Services
Monroe Community College
1000 East Henrietta Road
Rochester, NY 14623



Sponsored by
MCC Tobacco-Free Steering Committee
Refreshments will be served at most presentations

Breathe, Move, Learn, Grow – Live Healthy at MCC

Fall 2013 and
Spring 2014 Presentations





FALL SEMESTER:

Friends of Bill W. (12 step program) (CIVS)

For individuals who choose to work on their addiction and are seeking help.

Every Monday 12-12:50p MCC Room 9-132

Meditation Practice (CIVS)

Learn the benefits of meditation and mindfulness practices. Basic meditation instruction will be given, with the opportunity to sit and practice in a quiet welcoming environment.

Every Wed & Fri 12-1p MCC Room 10-100

Circles of Sexuality (HFP)

Recognize the difference between sex and sexuality. Discuss feelings and behaviors associated with concept of gender, attractiveness, intimacy, sexual health.

Wed 9/18/2013, 12-1p & 1-2p MCC Room 3-115 (18 seats)

Tues 9/24/2013, 6-7p Res Life Pioneer Lobby

Positive Outcomes of Quitting Smoking (PHRS)

The effects of quitting smoking and tobacco use.

Wed 9/25/2013, 12-1p DCC Room 4033

Mon 11/04/2013, 12-1p MCC Room 3-115 (18 seats)

Keeping a Lid on Stress (URMC)

How to manage stress, anxiety and emotions for the college student.

Thu 9/26/2013, 12-1p MCC Empire Room 3-209

Wed 10/16/2013, 12-1p DCC Room 4013 (Multipurpose room)

Everything You Never Want to Know and Are Afraid to Ask About STI's (MCHD)

Wed 10/09/2013, 12-1p MCC Empire Room 3-209

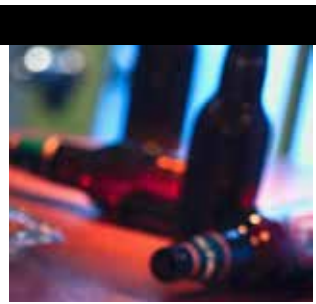
Smoke & Mirrors (PHRS)

How the media glamorizes tobacco.

Thu 10/10/2013, 12-1p MCC Room 3-115 (18 seats)

Making Healthy Choices (HFP)

How emotions influence your thinking and behaviors. How to use critical thinking to assess the risk involved in real life situations.



Tue 10/15/2013, 12-1p & 1-2p MCC Monroe B (Room 3-205A)

Wed 10/23/2013, 12-1p & 1-2p MCC Empire Room 3-209

Tue 10/29/2013, 6-7p Res Life Alexander Lobby

Wed 11/6/2013, 12-1p DCC Room 4034

Healthy Relationships (HFP)

Identify signs of unhealthy power and control in relationships. Develop skills to address a situation in an unhealthy relationship before it turns into violence. Deconstruct misconceptions of abuse. Locate resources to help with relationship issues.

Tue 10/22/2013, 7-8p Res Life Canal Lobby

You Win, When You Lose (URMC)

How to take off or never gain the "Freshman 15."

Thu 10/24/2013, 12-1p MCC Forum (Room 3-130)

Getting Your Message Across (HFP)

Recognize the importance of verbal & nonverbal communication, breakdown barriers to, and describe importance of effective communication.

Tues 11/12/2013, 12-1p & 1-2p MCC Empire Room 3-209

Wed 11/20/2013, 12-1p & 1-2p MCC Empire Room 3-209

How to Win at Beer Pong! (URMC)

Tips on how to drink responsibly and party safely, preventing alcohol abuse and misuse.

Thu 11/14/2013, 12-1p MCC Empire Room 3-209

SPRING SEMESTER:

Friends of Bill W. (12 step program) (CIVS)

For individuals who choose to work on their addiction and are seeking help.

Every Monday 12-12:50p MCC Room 9-132

Meditation Practice (CIVS)

Learn the benefits of meditation and mindfulness practices. Basic meditation instruction will be given, with the opportunity to sit and practice in a quiet welcoming environment.

Every Wed & Fri 12-1p MCC Room 10-100

Smoke & Mirrors (PHRS)

How the media glamorizes tobacco.

Thu 01/30/2014, 12-1p DCC Room 4034

Healthy Relationships (HFP)

Identify signs of unhealthy power and control in relationships. Develop skills to address a situation in an unhealthy relationship before it turns into violence. Deconstruct misconceptions of abuse. Locate resources to help with relationship issues.

Tue 02/04/2014, 12-1p & 1-2p MCC Empire Room 3-209

Wed 02/12/2014, 12-1p & 1-2p MCC Empire Room 3-209

Tue 02/25/2014, 6-7p Res Life Tribune Lobby

Is Staying Awake in Class a Challenge? (URMC)

How to get your Zzzzzzz and fight Fatigue.

Thu 02/06/2014, 12-1p MCC Empire Room 3-209

Red Bull vs. V8 (URMC)

Eating for Peak Performance in the classroom.

Wed 02/26/2014, 12-1p DCC Room 4034

Thu 03/06/2014, 12-1p MCC Empire Room 3-209

2nd & 3rd Hand Smoke (PHRS)

The effects of 2nd & 3rd hand smoke.

Thu 02/27/2014, 12-1p MCC Empire Room 3-209

Thu 03/27/2014, 12-1p DCC Room 4034

Safe Sex (HFP)

STD Prevention /Contraception methods.

Tues 03/11/2014, 12-1p & 1-2p MCC Empire Room 3-209

Wed 03/19/2014, 12-1p & 1-2p MCC Empire Room 3-209

Tue 03/25/2014, 6-7p Res Life Canal Lobby

Spring Fever... Get Energized (URMC)

Tips to increase your energy through physical activity.

Thu 04/03/2014, 12-1p MCC Forum (Room 3-130)

Consent in Relationships (HFP)

What is consent and how it is miscommunicated and misinterpreted.

Tue 04/08/2014, 12-1p & 1-2p MCC Empire Room 3-209

Wed 04/23/2014, 12-1p & 1-2p MCC Room 3-115

Tue 04/29/2014, 6-7p Res Life Pioneer Lobby