

Please join us!

MCC Student Health Services in collaboration with MCC Tobacco-Free Steering Committee, Counseling, International & Veteran Services (CIVS), Residence Life, 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.

For more information, visit us on the web at
www.monroecc.edu

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

Sponsored by
MCC Tobacco-Free Steering Committee

Refreshments will be served at
most presentations.



BREATHE MOVE LEARN GROW

Spring 2014

Live Healthy Presentations
Monroe Community College



Monroe Community College
STATE UNIVERSITY OF NEW YORK

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

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

Every Monday

12:00 pm - 12:50 pm

Brighton Campus, Building 9, Room 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.

Wednesdays at 12:00 pm

and Fridays at 1:00 pm

Brighton Campus, Building 9, Room 132



Smoke & Mirrors (PHRS)

How the media glamorizes tobacco.

Thursday, January 30, 2014

12:00 pm - 1:00 pm

Damon City Campus, 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.

Tuesday, February 4, 2014

12:00 pm - 1:00 pm and 1:00 pm - 2:00 pm

**Brighton Campus, Warshof Conference Center
Empire Room, 3-209**

Wednesday, February 12, 2014

12:00 pm - 1:00 pm and 1:00 pm - 2:00 pm

**Brighton Campus, Warshof Conference Center
Empire Room, 3-209**

Tuesday, February 25, 2014

6:00 pm - 7:00 pm

Brighton Campus, Res Life Tribune Lobby



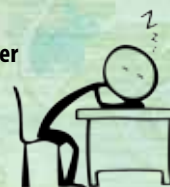
Is Staying Awake in Class a Challenge? (URMC)

How to get your Zzzzzzz and fight fatigue.

Thursday, February 6, 2014

12:00 pm - 1:00 pm

**Brighton Campus, Warshof Conference Center
Empire Room, 3-209**



Eating for Peak Performance in the Classroom.

Wednesday, February 26, 2014

12:00 pm - 1:00 pm

Damon City Campus, Room 4034

Thursday, March 6, 2014

12:00 pm - 1:00 pm

**Brighton Campus, Warshof Conference Center
Empire, Room 3-209**

2nd & 3rd-Hand Smoke (PHRS)

The effects of 2nd & 3rd-hand smoke.

Thursday, February 27, 2014

12:00 pm - 1:00 pm

**Brighton Campus, Warshof Conference Center
Empire Room, 3-209**

Thursday, March 27, 2014

12:00 pm - 1:00 pm

Damon City Campus, Room 4034



Safe Sex (HFP)

STD Prevention /Contraception methods.

Tuesday, March 11, 2014

12:00 pm - 1:00 pm and 1:00 pm - 2:00 pm

**Brighton Campus, Warshof Conference Center
Empire Room, 3-209**

Wednesday, March 19, 2014

12:00 pm - 1:00 pm and 1:00 pm - 2:00 pm

**Brighton Campus, Warshof Conference Center
Empire Room, 3-209**

Tuesday, March 25, 2014

6:00 pm - 7:00 pm

Brighton Campus, Res Life Canal Lobby



Spring Fever... Get Energized (URMC)

Tips to increase your energy through physical activity.

Thursday, April 3, 2014

12:00 pm - 1:00 pm

**Brighton Campus, Warshof Conference Center
R. Thomas Flynn Campus Center, Forum (3-130)**



Consent in Relationships (HFP)

What is consent, and how it is miscommunicated and misinterpreted.

Tuesday, April 8, 2014

12:00 pm - 1:00 pm and 1:00 pm - 2:00 pm

**Brighton Campus, Warshof Conference Center
Empire Room, 3-209**

Wednesday, April 23, 2014

12:00 pm - 1:00 pm and 1:00 pm - 2:00 pm

**Brighton Campus
R. Thomas Flynn Campus Center, Room 3-115**

Tuesday, April 29, 2014

6:00 pm - 7:00 pm

Brighton Campus, Res Life Pioneer Lobby

