

Please Join Us!

MCC Student Health Services are offering programs in collaboration with:

- MCC Tobacco-Free Steering Committee,
- Counseling, International & Veteran Services (CIVS),
- Residence Life,
- Student Services,
- The Civility Project
- Highland Family Planning (HFP),
- URMCC Department of Public Health Research Sciences (PHRS),
- Rochester Optical (RO),
- Jordan at Threshold (JHT),
- Monroe County Health Department (MCHD)
- Community Place of Greater Rochester (CPRG)

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**



**BREATHE,
MOVE,
LEARN,
GROW**

SPRING 2015

*Live Healthy Presentations Monroe
Community College*



Birth Control – Know All Your Options (HFP)

Wednesday, February 4, 2015
12:00 pm – 1:00 pm
Brighton Campus, Atrium

Condoms, Condoms Everywhere! (HFP)

Wednesday, February 11, 2015
12:00 pm – 1:00 pm
Brighton Campus, Brick Lounge

STD's – What you need to know (MCHD)

Thursday, February 12, 2015
12:00 pm – 1:00 pm
Brighton Campus, Atrium

Alcohol (CPGR)

Wednesday, February 25, 2015
12:00 pm – 1:00 pm
Brighton Campus, Brick Lounge

Risky Behaviors & Sexual Health (JHT)

Thursday, February 26, 2015
12:00 pm – 1:00 pm
Brighton Campus, Brick Lounge

Marijuana (synthetics) (CPGR)

Wednesday, March 4, 2015
12:00 pm – 1:00 pm
Brighton Campus, Atrium

Self-Esteem – What is it and Why is it Important? (HFP)

Thursday, March 5, 2015
12:00 pm – 1:00 pm
Brighton Campus, Atrium

Know your Birth Control Options (JHT)

Wednesday, March 11, 2015
12:00 pm – 1:00 pm
Brighton Campus, Atrium

Quitting Tobacco for Good (URMC)

Thursday, March 12, 2015
12:00 pm – 1:00 pm
Brighton Campus, Atrium

LARC – the truth about “Set it and Forget it” (HFP)

Wednesday, March 18, 2015
12:00 pm – 1:00 pm
Brighton Campus, Brick Lounge

Gambling (CPGR)

Thursday, March 19, 2015
12:00 pm – 1:00 pm
Brighton Campus, Atrium

Eye Care & Eyewear (RO)

Tuesday, March 24, 2015
12:00 pm – 1:00 pm
Brighton Campus, Atrium

Eye Care & Eyewear (RO)

Wednesday, March 25, 2015
12:00 pm – 1:00 pm
Brighton Campus, Brick Lounge

Anger Management (MCC HS)

Thursday, March 26, 2015
11:00 am – 12:00 pm
Brighton Campus, Brick Lounge

Healthy Relationships – Know About Intimacy Without Sex (HFP)

Wednesday, April 8, 2015
12:00 pm – 1:00 pm
Brighton Campus, Brick Lounge

Domestic Violence & Sexual Assault (JHT)

Thursday, April 9, 2015
12:00pm – 1:00 pm
Brighton Campus, Brick Lounge

Prescription Drugs and Cold Medicines (CPGR)

Wednesday, April 15, 2015
12:00pm – 1:00 pm
Brighton Campus, Atrium

Drugs and Alcohol Mix – how using drugs can lead to unhealthy sexual decisions (HFP)

Thursday, April 16, 2015
12:00 pm – 1:00 pm
Brighton Campus, Atrium

Nicotine Replacement Therapy (URMC)

Wednesday, April 22, 2015
12:00 pm – 1:00 pm
Brighton Campus, Brick Lounge

Other Drugs (Opioids, Stimulants) (CPGR)

Thursday, April 23, 2015
12:00pm – 1:00 pm
Brighton Campus, Brick Lounge

Eye Care & Eyewear (RO)

Wednesday, April 29, 2015
12:00pm – 1:00 pm
Brighton Campus, Atrium

Stressed Out? How stress affects your sexual health and tips on managing it (HFP)

Thursday, April 30, 2015
12:00 pm – 1:00 pm
Brighton Campus, Atrium



*“The groundwork
for all happiness
is health”.*

