

# Health & Wellness Calendar

September 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 <b>Labor Day – MJC is Closed</b>	4 Katie's Kitchen Doctor's Clinic	5	6 Food Pantry (East) Healthy Living: STIs Doctor's Clinic	7	8
9	10 Care Cupboard	11 Katie's Kitchen	12 FLOW	13 Food Pantry (West) Doctor's Clinic	14	15
16	17	18 Katie's Kitchen Doctor's Clinic	19 FLOW Healthy Living: Human Trafficking 101	20 Food Pantry (East) Doctor's Clinic	21	22
23	24 Care Cupboard	25 Katie's Kitchen	26 FLOW	27 Food Pantry (West) Doctor's Clinic	28	29
30						

## Food Pantry

Free pantry food and toiletry items  
 West - 10am; East - 8:30am  
 Health & Wellness Center  
 West Campus Yosemite Hall Room A106  
**\*\*Must bring student ID with current semester sticker**

## Care Cupboard

Free pantry food  
 Every other Monday @ 1pm to 4pm  
 Emanuel Lutheran Church  
 324 College Avenue  
 (Across from MJC East Campus)

## Katie's Kitchen

Free breakfast  
 Every Tuesday @ 7am to 9:30am  
 Emanuel Lutheran Church  
 324 College Avenue  
 (Across from MJC East Campus)

## Doctor's Clinic

Appointments Required  
 Visit Health Services on East or West Campus  
**\*\*Must bring student ID with current semester sticker**

## FLOW - Free Lunch On Wednesday

Every Wednesday @ 10am  
 East & West Campus  
**\*\*Must bring student ID with current semester sticker**

## Healthy Living Presentations

**STIs:** Sept 6<sup>th</sup>, 12-1:30pm, West, John Muir 155  
 Presenter: Roberta Perez, Teen Preg Prevention  
 This discussion will cover sexually transmitted infections, HIV, condom use and local services  
**Human Trafficking 101:** Sept 19<sup>th</sup>, 3-4pm, East, CAT 213, Presenter: Melanie Ottman, withoutpermission.org. The focus will highlight

how this tragedy impacts our community and how to stay safe from the dangers of human trafficking.

## Health Services Locations

### East Campus

Morris Memorial Room 108  
 (209) 575-6037

### West Campus

Yosemite Hall Room 114  
 (209) 575-6360

### Visit Our Website:

<http://www.mjc.edu/student-services/health-services>

**Email:** [mjchealthservices@mjc.edu](mailto:mjchealthservices@mjc.edu)



Check out the  
**POP-UP Wellness Cart**  
 around east and west campus  
 Learn about how you can stay healthy while in school