|  |  |
| --- | --- |
| **Laney Wellness Center I, Tower-250** (we are currently looking for a nurse!) Students are welcome to stop by for information)* **First aid, burns, cuts, abrasions falls**
* **Respond to campus emergencies after incident is called to 510 466-7236**
* **Nutritional counseling**, especially for weight loss, pre and diabetic diets, enhanced athletic performance, mood swings, sugar addiction, heart health, academic improvement diets.
* **General Health Education,** especially those struggling with asthma, chronic infections, diabetes, high blood pressure.
* **Stress management**
* **General improvement of wellness:** setting goals for physical, emotional, financial, social and environmental wellness, improving attitude towards college or other life events.
* **Increasing motivation towards:** **exercise,** stress management techniques, eating a healthier diet
* **Health Assessment** (blood pressure screening, lungs, other…)
* **Smoking cessation education**
* **Addiction education**
* **Environmental Wellness** (learning to be more sustainable).
* **Disabled students and others who need medication education.**
* **Financial Wellness** (doing a financial health inventory and designing goals)
* **Mindfulness** (for better productivity, peace of mind) education.
* **Supplies** (Motrin, aspirin, extra strength Tylenol, antacids, condoms, feminine products, Band-Aids).
* **Dental resources**
* **Other health topics upon request.**

**Acupuncture/Massage**Every Thursday: 9am-5pmTower 250, Please schedule online at <http://ccwellness.info> if you are unable to then please call: 510-879-7988 | **Laney Wellness Center II: 4th floor Student Center, SC 410 510 464-3134, please call ahead to schedule an appointment****Medical Services:** Days: Tuesday & Thursday: 9am-5pm (students can drop in to see if there is a “no show” which is often)* **Nurse practitioner visit**
* **HIV Testing (TBA)**
* **TB Testing (Tuesdays only)**
* **Pap Smears**
* **Family Planning**
* **Flu Shots(Seasonal)**
* **Some prescriptions**
* **Respond to emergencies**
* **And more**

**Enrollment into CAL Fresh (food stamps) and Covered CA, Medi-Cal****Laney Mental Health Services: across from Wellness Center SC- 414**Lisa Sawadogo, LPCCDays: Monday- Thursday, 8:30am-4:30pm464-3535Mental Health Interns from Argosy University, please schedule through Ms. Sawadogo’s officeMondays and Tuesdays |