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| **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-5pm  Tower 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, LPCC  Days: Monday- Thursday, 8:30am-4:30pm  464-3535  Mental Health Interns from Argosy University, please schedule through Ms. Sawadogo’s office  Mondays and Tuesdays |