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| **Peralta Wellness Center, RM 410 ,4th floor, Student Center, 464 3134; closed daily 12-1p**  Medical Services   Monday & Wednesday: 9a- 5p (3 same day appts available every Mon and Wed, students can register as early as 9am except on 4th and 5th Wed.)   4th & 5th Wednesday of the  month: 1p-7p  HIV Testing, please call ahead: 1/month  On-site enrollment and insurance, eligibility  Screening   Tuesday: 9a-5p   Thursday: 9a-12noon  Mental Health Services Monday-Friday: 9 to 4pm.  Acupuncture/Massage: Laney hours: every Thursday:  9a to 5p in Eagle Village: 9  BCC: Sept: 17, Oct: 1, 15, 29; Nov: 12, 29 Dec, 10:  9a to 1p  Merritt: Sept: 10, 24, ; Oct: 1, 15, 29; Nov: 5,19; Dec. 3  Please call 510 654-6500 to schedule | **Laney Wellness Center (4th floor, rm- 412 , student center,**  **Indra Thadani RN, MS 464-3516)**  **Monday and Wed. 8:30-5:30, Tuesday and Thurs, 8:00- 3:30 Evenings 5:30-7:30 or by appt other evenings.**   * **First aid, burns, cuts, abrasions falls** * **Respond to campus emergencies after incident is called to 510 466-3516** * **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,** over flow from Jessica Gould, LCSW * **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, bandaids). * **Eye exam vouchers to UCBerkeley School of Optometry** * **Other health topics upon request.** |