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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/monthOn-site enrollment and insurance, eligibilityScreening  Tuesday: 9a-5p  Thursday: 9a-12noonMental 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 1pMerritt: Sept: 10, 24, ; Oct: 1, 15, 29; Nov: 5,19; Dec. 3Please 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.**
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