

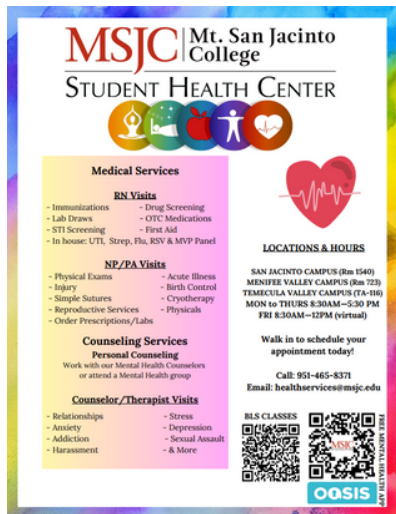
Welcome to the MSJC Health Services newsletter! We are proud to bring you the latest news involving the MSJC Student Health Center, our services, and upcoming events and activities! Please visit us on any of our campuses, with the Student Health Center locations listed below!

Menifee Valley Campus - RM 723

San Jacinto Campus - RM 1540

Temecula Valley Campus - RM TA-116

Resources and Information



MSJC | Mt. San Jacinto College
STUDENT HEALTH CENTER

Medical Services

RN Visits

- Immunizations
- Lab Draws
- STI Screening
- In house: UTI, Strep, Flu, RSV & MVP Panel
- Drug Screenings
- OTC Medications
- First Aid

NP/PA Visits

- Physical Exams
- Injury
- Single Sutures
- Reproductive Services
- Order Prescriptions/Labs
- Acute Illness
- Birth Control
- Cryotherapy
- Physicals

Counseling Services

Personal Counseling

Work with our Mental Health Counselors or attend a Mental Health group

Counselor/Therapist Visits

- Relationships
- Anxiety
- Addictions
- Harassment
- Stress
- Depression
- Sexual Assault
- & More


LOCATIONS & HOURS

SAN JACINTO CAMPUS (RM 1540)
MENEFEE VALLEY CAMPUS (RM 723)
TEMECULA VALLEY CAMPUS (TA-116)
MON to THURS 8:30AM-5:30 PM
FRI 8:30AM-12PM (virtual)

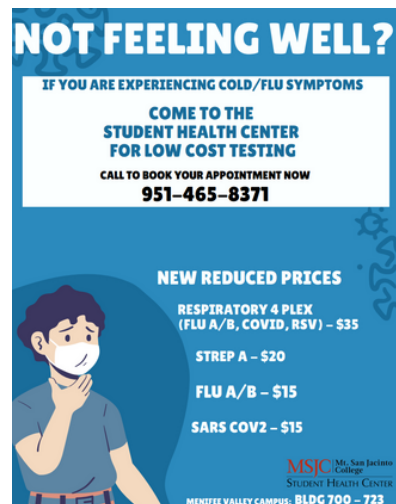
Walk in to schedule your appointment today!

Call: 951-465-8371
Email: healthservices@msjc.edu

RLS CLASSES

QR Code: 

OOSIS



NOT FEELING WELL?

IF YOU ARE EXPERIENCING COLD/FLU SYMPTOMS

COME TO THE STUDENT HEALTH CENTER FOR LOW COST TESTING

CALL TO BOOK YOUR APPOINTMENT NOW
951-465-8371

NEW REDUCED PRICES

RESPIRATORY 4 PLEX (FLU A/B, COVID, RSV) - \$35

STREP A - \$20

FLU A/B - \$15

SARS COV2 - \$15

MSJC | Mt. San Jacinto College
STUDENT HEALTH CENTER

MENEFEE VALLEY CAMPUS: BLDG 700 - 723

MSJC | Mt. San Jacinto College

STUDENT HEALTH CENTER



Welcome To Our New and Returning Eagles!

Hello everyone and welcome to the Fall 2025 semester at Mt. San Jacinto College! Whether you're a new student, or a returning Eagle, you might be unaware that there's a Student Health Center available on every campus, and offers you a host of FREE services! We've got OTC medications, bandages, pregnancy screening, UTI screenings, and even physicals (excluding sports or program physicals) completely FREE of charge! There are also a number of low-cost services available, such as flu/strep screening, immunizations, women's health, STD testing, and so much more! Please visit us today, take a look around, try out the FREE massage chair, and ask any questions you might have. We can't wait to see you!

Also, please join us for our **FIRST AID WORKSHOPS!** to be held on all 3 campuses at 11AM, in their respective cafes. See the flyer below for dates and details, and be sure to contact our office for any questions or concerns!



MSJC | Mt. San Jacinto College
STUDENT HEALTH CENTER

FIRST AID WORKSHOP!

BUILD YOUR OWN FIRST AID KIT & LEARN PRACTICAL SAFETY TIPS WITH MSJC'S NURSING TEAM! THIS FREE HANDS ON WORKSHOP IS OPEN TO ALL STUDENTS!

SAN JACINTO CAMPUS CAFE - AUG 25TH
MENEFEE VALLEY CAMPUS CAFE - AUG 27TH
TEMECULA VALLEY CAMPUS CAFE - AUG 28TH

11-12AM

CALL 951-465-8371 & FOLLOW @MSJCHEALTH FOR MORE INFO

Summer Exercise Routine

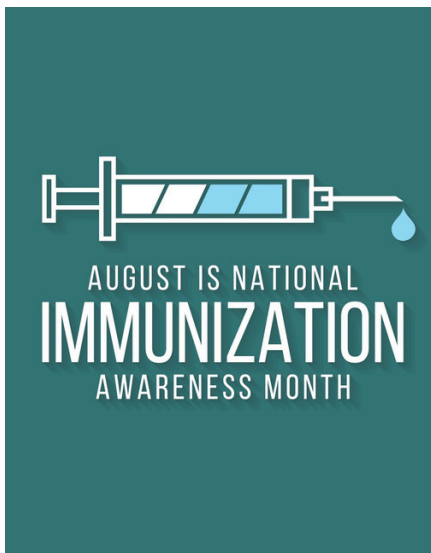
Using moderate weight, complete the exercises below with 4 sets of 10 reps

Treadmill Walk - 20 minutes
 Leg Press
 Seated Row
 Dumbbell Shoulder Press
 Bicep Curls

Home Workout
 Outdoor Walk - 20 minutes
 Bodyweight Squats
 Bodyweight Lunges
 Push Ups
 Plank - 4x30 sec holds

August is National Immunization Awareness Month!

MSJC offers a variety of low-cost immunizations, which are important for disease prevention and save lives! Give us a call today to check availability and get your immunization scheduled



MSJC is proud to offer **FREE** Mental Health Counseling to all students currently enrolled in at least one class for the Fall 2025 semester.

You are eligible for 8 one-hour counseling sessions per semester, and these appointments can be in person, telehealth, or a mixture of both depending on your availability for a given week.

Please visit our Health Centers on any of our three campuses or give us a call at 951-465-8371 to get an appointment scheduled, and while you're here, ask us about our upcoming events and activities!

