Healthy Living
STUDENT WELLNESS

15 MINUTES CAN SAVE A LIFE
SEPTEMBER 15 THURSDAY
12:00 PM - 1:00 PM
CENTER FOR ADVANCED TECHNOLOGIES 116
Jesus Perez, Community Outreach Specialist

Be The Match is the National Marrow Donor Program. Be The Match is the last chance to beat blood-cancer as the medicines and chemo therapy’s did not work to put their cancer in remissions. The Be The Match Registry is the largest and most diverse community of donors in the world. This informational will show you how you can help beat blood cancer.

MANAGING THE ““I” IN ANXIETY
SEPTEMBER 29 THURSDAY
12:00 PM - 1:00 PM
CENTER FOR ADVANCED TECHNOLOGIES 116
Juana Aguilar, Clinician, Sierra Vista Child & Family Services

Clinician Juana Aguilar from Sierra Vista Child & Family Services will help the audience identify, understand and manage anxiety.

VITAL SOCIAL SKILLS DEVELOPMENT: FOR ACADEMICS AND LIFE
OCTOBER 13 THURSDAY
12:00 PM - 2:00 PM
MARY STUART ROGERS BUILDING
Derek Waring, M.F.T & Dr. Lonita Cordova

The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating America’s narrow definition of masculinity. The Mask You Live In ultimately illustrates how we, as a society, can raise a healthier generation of boys and young men.

See more at: therepresentationproject.org/film/the-mask-you-live-in/
Viewer Discretion Advised: This film may contain scenes depicting abusive relationships and sexual violence.

SEXUALLY TRANSMITTED INFECTIONS
OCTOBER 27 THURSDAY
12:00 PM - 1:00 PM
CENTER FOR ADVANCED TECHNOLOGIES 116
Nina Catlett, RNP & Hilda Villarreal, RNP

Nurse practitioners will describe what sexually transmitted infections are, how to treat them (if treatment is available) and how to prevent them.

MODesto JUNIoR COLLEGE
Health Services
Information: (209) 575-7744