

GET HEALTHY

The Student Health Center is here for you!

- › *FREE risk assessment from a Nurse Practitioner*
- › *FREE personalized diet & exercise recommendations*
- › *Cholesterol, Diabetes & Thyroid tests (nominal fee)*
- › *FREE Pedometer & Water Bottle*

STOP SMOKING

Breath Easier ~ Live Healthier ~ Save Money

- › *FREE patches, lozenges & gum*
- › *FREE tobacco cessation counseling*



PERSONAL COUNSELING

Mental Health and Psychological Services

- › *FREE short-term personal counseling*
- › *FREE referrals & problem solving*
- › *Confidential treatment for depression, anxiety & stress*

MAKE AN APPOINTMENT TODAY!

VENTURA COLLEGE

STUDENT HEALTH CENTER

805-654-6346 | CRC-108