



STAFF INFORMATION

1. Career Center B. Zamora
Faculty is invited to bring your classes to the Career Center for an orientation or to do research on specific occupations related to your class. You may schedule an appointment by calling Edith Ruvalcaba at ext. 5247 or stop by in person.

STUDENT INFORMATION

1. Career Center B. Zamora
Enrolled students are invited to come to the Career Center workshops that are posted at the Career Center website. Walk-ins are also welcome. Come get assistance to research your chosen career or find a career and major that you will love.

GENERAL INFORMATION

1. Doctor on Campus A. Ricasa
Dr. Alfred Shihata will be available, at no charge (for student care only), every Tue, from 9:30 am - 2:20 pm in Health Services. Appointments must be made in Health Services, Room 601F, 482-6354.
2. Educational Program A. Ricasa
SWC Health Services Grace Cruz, RN, Campus Nurse; will be presenting a free educational program titled "Sexual Jeopardy" on Wed, Feb 11, from 11:00 am-12:00 pm; location TBD. All are welcome! For more information, contact Health Services, Room 601F, 482-6354.
3. Educational Workshop A. Ricasa
SWC Personal Wellness Services, Teri Marshall, will be presenting a free educational program titled "Stress Management" on Wed, Feb, 25, from 11:00 am-12:00 pm; location TBD. All are welcome! For more information, contact Dr. Butch Amaral at 482-6689 or ext. 5242.
4. Blood and Bone Marrow Drive A. Ricasa
Our next drive is scheduled to take place on Thu, Feb 19, from 9:00 am-2:30 pm in the Bloodmobile parked behind Trade Winds Coffee Shop. Schedule an appointment to donate today! Before your appointment please drink plenty of fluids, eat a good meal and bring a picture ID. The bone marrow screening is done by a simple cheek swab. For more information or to schedule an appointment contact Health Services, Room 601F, 482-6354. Appointments are honored first, walk-ins welcome!
5. Blood Testing Available A. Ricasa
Health Services can provide a breakdown of cholesterol counts (lipid profile)—HDL, LDL, and triglycerides, as well as offering glucose and hemoglobin levels. Prices are \$16 for glucose, hemoglobin, and lipid profile; \$15 for glucose and lipid profile only; and \$3 for hemoglobin only. Fasting is recommended. For more information, contact Health Services, 482-6354.
6. Free Pregnancy Testing A. Ricasa
Free pregnancy testing is available in Health Services, Room 601F. This service is confidential; no appointment necessary. For more information, call 482-6354.
7. Hepatitis B Vaccination Program A. Ricasa
We offer currently enrolled students and staff the series at \$22 per injection (series consists of three injections). To begin the series, fees should be paid in the Cashiers office, Room S102; then the receipt must be presented in Health Services, Room 601F. For more information, call 482-6354.
8. Free Condoms A. Ricasa
Free condoms can be requested in Health Services, Room 601F. For more information, call 482-6354.
9. Body Fat Measurements A. Ricasa
Health Services will offer body fat measurements by calipers (pinch test). This screening will be offered Mon - Thu, from 8:00 am - 6:45 pm, and on Fri, 8:00 am - 3:00 pm. No screenings on Tue from 8:30 am - 3:00 pm. Please bring shorts for your screening. For more information, contact Health Services, Room 601F, 482-6354.