

Tkach, Colleen

From: Inform
Subject: EM: You're Invited to CMC's 5C Landscape Tour

From: Izaguirre, Chantal

Hello CMC!

Get your walking shoes on and join the Dean of Students, in collaboration with CMC's Lead Groundskeeper and Peer Health Ambassadors, for a 5C Landscape Walking Tour as part of National Public Health Week!

On this tour, you can expect to learn about the unique and diverse shrubs, plants, and trees that make up the landscape of the 5C campuses. We invite you to meet your fellow neighbors and get to know your community through a new perspective. We'll be meeting outside Roberts Pavilion at 4:00 PM on **Tuesday, April 2nd**. Register for our event using the link below. We hope to see you there!



Register here: <https://forms.gle/T695T3oqnddjHqY7>

Check out our 5C National Public Health Week calendar below for all of our exciting events this coming week!

Hosted by HEO & the 5 Colleges

NATIONAL PUBLIC HEALTH WEEK

Observed April 01 - 07, 2024

EVENTS CALENDAR

ALL 5C STUDENTS & STAFF ARE WELCOME TO JOIN

<p>4/01 MONDAY</p> <p>@Healtheducationoutreach @tiernanfieldhouse @Hmc_dsa @cmcpeerhealth</p>	<p>THEME: CIVIC ENGAGEMENT</p> <p>Learn the importance of exercising your right to VOTE!</p> <p>Visit our social media platforms to get tips on:</p> <ul style="list-style-type: none"> -The importance of voting -How to register to vote -How to read a ballot and more.
<p>4/02 TUESDAY</p>	<p>THEME: HEALTHY NEIGHBORHOODS</p> <p>Enjoy a 5C landscape walking tour with your peers.</p> <ul style="list-style-type: none"> - Learn about biodiversity - Promote social cohesion -Enjoy some time outdoors <p>Meet us outside the CMC Roberts Pavilion at 4 pm & don't forget your comfortable walking shoes!</p>
<p>4/03 WEDNESDAY</p> <p>@Healtheducationoutreach</p>	<p>THEME: CLIMATE CHANGE</p> <p>Learn how to continue supporting positive changes to our earth.</p> <p>Visit our social media platforms to learn more about our contribution to climate change.</p>
<p>4/04 THURSDAY</p> <p>Location: Outside the Hub at CMC, 11-1:00 pm In collaboration with KGI & Campus safety</p>	<p>THEME: NEW TOOLS & INNOVATIONS</p> <p>Prevent an opioid overdose with Naloxone.</p> <p>Visit the HEO booth to:</p> <ul style="list-style-type: none"> - Learn how to recognize the signs of an overdose - Get trained on naloxone administration -Receive a naloxone supply at NO cost -Grab a snack & win prizes
<p>4/05 FRIDAY</p> <p>Location: Outside the Hoch dining hall at HMC, 11-1:00pm</p>	<p>THEME: REPRODUCTIVE & SEXUAL HEALTH</p> <p>Play Contraceptives Jeopardy!</p> <p>Learn:</p> <ul style="list-style-type: none"> - How to practice safe sex - Address common misconceptions - Enjoy free giveaways, including sex supplies

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FOR MORE INFORMATION, PLEASE EMAIL US @HEO-STUD@CLAREMONT.EDU OR FOLLOW OUR IG & FB ACCOUNTS @HEALTHEDUCATIONOUTREACH







We hope to see you there!

Best wishes,
Chantal



Chantal Izaguirre *Director of Health
Promotion & Student Support
Dean of Students Office
Pronouns: she/her/ella*

Heggblade Center, Room 106
Claremont McKenna College
Phone: 909.621.8204
Fax: 909.621.8495
Schedule a meeting via [Calendly](#)

[Click Here for CMC's Mental Health Resources](#)

If you are in psychological crisis, please call 909.621.8202 to reach an on-call therapist, 24/7. If you are concerned about someone, please consider making a referral [here](#).