Welcome New and Returning Students
We’re here for you!
To do your best personally and academically, you need to be at your best physically and emotionally. At RCTC Student Health Services, we offer first aid and illness care, individualized health education and information, tuberculosis (Mantoux) testing, physical exams for academic and athletic programs, and referrals to community health care providers. Most services are free and all are available to current RCTC and WSU students. The registered nurse is here daily and the physician is available by appointment. We’re in EA 301, just past the vending machines in the cafeteria.

Take a Fitness Break
Need a study break? Get some exercise! In addition to the physical benefits, regular exercise is a great stress reducer and can enhance your mood. The UCR Fitness Center is a convenient place to exercise. Located on the first floor of the Sports Center, the Fitness Center is filled with strength and cardiovascular fitness equipment. It’s free for current RCTC students and employees, and very low cost for current WSU and U of M students and employees. Non-athletes are welcome and encouraged to use this facility. Fitness Center users must watch an online video and pass a short quiz prior to using the facility.

For more information or to take the quiz, go to www.rctc.edu/athletics Click on “Fieldhouse.”

Important Stuff to Know
- Breast-feeding moms have a private place to pump - PH205
- Give blood...get cookies! UCR Blood Drive 9-18-06 in AT301.
- You’ve heard it before...washing your hands is the cheapest, easiest, and most effective way to stay healthy. Do it!

“The starting point of all achievement is desire.” ~ Napoleon Hill