UR HEALTHY
Join the UHS Health Promotion Office for events during September that will help you get a healthy start to the school year!

September 14th–25th!
Follow us for details!
Twitter: @URoch_UHSHPO
Instagram: healthymondayur

Need to talk to someone?
The University Counseling Center (UCC) is on the 3rd floor of UHS. Your mandatory health fee covers time-limited therapy, 24-hour crisis service, consultation, and educational presentations.
All visits at UCC are confidential!
To make an appointment, call: 585-275-3113
Or visit: www.rochester.edu/ucc

Did you know...
Fresh food is available at the UR Farmer’s Market Wednesdays from 3-6 PM at the Medical Center until October 28th!

Have a question?
Ask the Health Educator!
mkelley@uhs.rochester.edu
585.273.5772

Where does the Monthly InsTALLment come from?
The UHS Health Promotion Office
2nd Floor, UHS Building
We offer students a variety of health information resources as well as items to keep students healthy! Stop in & say hi! Or visit us on Facebook!
Facebook.com/UHSHPO

I’m not feeling well...
Need Health Care?
The University Health Service (UHS) is the place to be when you aren’t feeling well. UHS is a fully staffed and accredited medical office with over 32,000 patient visits each year!
Visits to UHS are always confidential!
Getting an appointment at UHS is easy!
Call: 585-275-2662
Or visit: www.rochester.edu/uhs

Welcome!
We’re so happy you’re here!

Did you know...
UHS has condoms available for FREE!

Worried about a friend or roommate? Talk with your RA or resource on campus.

Emergency?
Call Public Safety!
585-275-3333