

## Location of Health Services

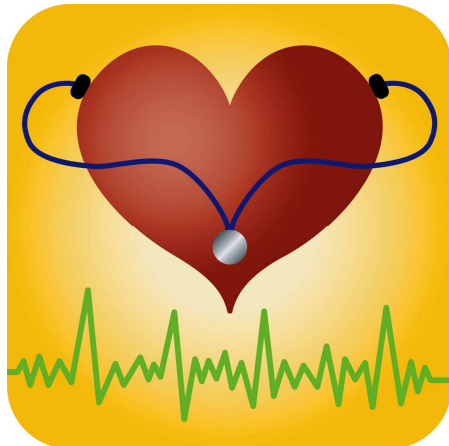
Health Services is located in  
**Cottage 1.**

Nurses hours are from  
7:30am-4:00pm.

Office hours are 7:00am-5:00pm.

Calling prior to visiting the clinic is  
advisable since activities on  
campus may render the nurse un-  
available.

TB skin testing is offered on  
Monday and Tuesdays with results  
read on Wednesday and Thursday.



In the event Health Services is  
closed and you need medical  
advice , please call Yuma Re-  
gional Medical Center's (YRMC)

### **CARELINE :**

(928) 336-CARE

OR

(928) 336-2273.

This is a free service

operates 24 hours/day,

7 days/ week.



AWC Health Services  
Main Campus (Cottage 1)  
Box 929  
Yuma, AZ 853664  
Phone: 928-344-7602  
Fax: 928-344-7723  
E-mail: [mary.parston@azwestern.edu](mailto:mary.parston@azwestern.edu)

## Health Services

## A Nurse- Directed Clinic



## Arizona Western College

## Your Success at College Depends on Good Health

**AWC Health Services is committed to quality healthcare and wellness for all students and employees on campus.**

**Amenities Offered at Health Services Include:**

- Immunizations



- TB Skin Testing & screenings

- Medical Assessment and over-the-counter medications for common cold, allergy, burns, sprains, menstrual cramps, stomach/intestinal upset, bug bites, skin problems, earaches, sore throats, headaches, cuts, and other common ailments.

- Referral system to nearby medical clinic for physician evaluation when antibiotics, x-rays, etc. may be needed.



- Pregnancy testing and counseling.

- STD referrals to Yuma County Health Dept. & Planned Parenthood.



- Screening for low iron & blood sugar.

- Wellness Screening for full-time employees including labs, EKG, and Mammograms



- Nutrition education, Body mass index screening



- Stress management: friendly environment to talk about troubling 'issues'



- Free condoms



- Blood pressure monitoring,



- Educational information on drugs, alcoholism, sex, STDs, nutrition, stress, anti-smoking, cancer, sun safety, etc.

- Educational programs on breast & testicular cancer, Diabetes, alcoholism/binge drinking, safe sex/sexual responsibility, spring break safety, etc.



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AWC Health Services promotes healthy lifestyles to prevent disease and injury, by providing nursing services and health education to encourage individuals to take responsibility for their own lifelong health decisions.

The health education and nursing services offered will work towards increasing the span of healthy lives, reduce health disparities and achieve access to preventative services. These services are offered through innovative partnerships with Yuma community which enhances the lives of people in Yuma and La Paz counties.