

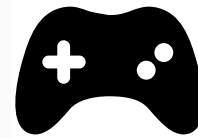


# Public Health Week



HEALTH  
APRIL 6 - 10

# 2026



## MONDAY, APRIL 6TH

“PUBLIC HEALTH MYTH OR FACT?”  
POP-UP TABLE

- LOCATION: SV - STUDENT CENTER NEAR RAPTOR CENTRAL, ROCKVILLE CAMPUS
- TIME: 12:00 - 1:00 PM

ENGAGE IN QUICK, FUN PUBLIC HEALTH EDUCATION AND WIN CANDY BY PLAYING “PUBLIC HEALTH MYTH OR FACT”!

## TUESDAY, APRIL 7TH

“HYGIENE IS HEALTH”  
DONATION DRIVE

- LOCATION: SV - STUDENT CENTER NEAR RAPTOR CENTRAL, ROCKVILLE CAMPUS
- TIME: 12:00 - 1:00 PM

LEARN WHY HYGIENE ACCESS IS A PUBLIC HEALTH ISSUE, AND DONATE HYGIENE DONATIONS TO “GRACE HELPING HANDS!”

## WEDNESDAY, APRIL 8TH

DE-STRESS LOUNGE WITH  
GUIDED YOGA & MEDITATION

- LOCATION: SV 416, ROCKVILLE CAMPUS
- TIME: 1:00 - 2:00 PM

DE-STRESS AND PRACTICE MINDFULNESS WHILE LEARNING STRESS-MANAGEMENT TECHNIQUES BEFORE EXAMS THROUGH GUIDED YOGA AND MEDITATION!

## THURSDAY, APRIL 9TH

PUBLIC HEALTH  
GAME DAY

- LOCATION: SV - STUDENT CENTER NEAR RAPTOR CENTRAL, ROCKVILLE CAMPUS
- TIME: 2:00 - 3:30 PM

HANG OUT AND LEARN THROUGH A JEOPARDY-STYLE PUBLIC HEALTH TRIVIA GAME!  
  
WIN PRIZES!

## FRIDAY, APRIL 10TH

HEALTH IN THE  
REAL WORLD:  
LIFE SKILLS &  
PREVENTION

- LOCATION: SV - STUDENT CENTER NEAR RAPTOR CENTRAL, ROCKVILLE CAMPUS
- TIME: 12:00 - 1:00 PM

WIN CANDY AND LEARN SIMPLE, PRACTICAL WAYS TO TAKE CARE OF YOUR HEALTH, NUTRITION, SLEEP, AND DAILY HABITS!

*Hosted By Montgomery College Public Health and Environmental Safety*



Questions? Contact: [publichealth@montgomerycollege.edu](mailto:publichealth@montgomerycollege.edu)