



August

EOC AUG 2025
NEWSLETTER

Message from EOC

The regular semester at CPCC begins this month, and EOC is happy to be here to help you through it! There are lots of exciting changes happening at EOC, including ways to better serve you, our participants! Check in with us often!

W.O.W

Workshops on Wednesdays returns this month starting AUGUST 27, CPCC Central Campus in North Classroom Building Intake!



IMPORTANT DATES

- Workshops are back! Starting August 27 with Personal Development!
- All fall sessions and regular semester at CPCC begin August 18!
- Your 8-week and 4-week sessions end July 17!

In This Issue

- Monthly Recap
- Upcoming Calendar
- Starting classes!

Contact Us!

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August

Summer Safety

HOT DAYS? How to stay healthy in the heat!

The summer can be fun, but it can also be dangerous. Everyone, including people with darker skin, should wear sunscreen with SPF 30 or higher when spending time outside to protect against sun damage. Staying hydrated is key—drink plenty of water and consider electrolyte drinks like Gatorade or Bodyarmor. Eating fruits like bananas and oranges can also help replenish important nutrients like potassium. And when the temperatures rise, try to stay indoors during the hottest parts of the day and use fans or air conditioning to keep cool. Taking care of yourself helps you enjoy summer safely.



AUGUST Is: National Wellness Month

August is National Wellness Month, a reminder to slow down and make time for self-care—especially before the semester gets into full swing. Wellness isn't just about hitting the gym; it's about finding balance—whether that's getting enough sleep, eating real meals, staying active, or taking mental breaks. Try setting one small goal this month to boost your health and happiness. Future-you will thank you.



Women's Equity Day (August 26)

Women's Equality Day marks the anniversary of the 19th Amendment, which granted women the right to vote in 1920. It's a day to honor the ongoing fight for gender equity and the people who've paved the way for progress. Learn about the history, support women-led initiatives, and remember: equality benefits everyone.

QUOTE of the MONTH

"Education is the most powerful weapon which you can use to change the world."

—Nelson Mandela



Celebrate

In August

National Aviation Day



Celebrated on August 19, Orville Wright's birthday, National Aviation Day honors the history and innovation of flight—from the Wright brothers' first powered airplane to the technology that takes us across the world today. It's a great time to explore how aviation shapes travel, science, and even space exploration. Whether you're a frequent flyer or more of a window-seat daydreamer, today's about celebrating the spirit of innovation that keeps us reaching higher.



World

The Statue of Liberty was gifted to the US by France to commemorate the end of slavery in the United States. The statue also celebrates the independence of the US from Great Britain. Designed by French abolitionist and artist Frederic Auguste Bartholdi, it has since become a symbol of freedom for all Americans. The Statue of Liberty stands on Liberty Island in New York City.



Kindness

First proposed by President John F. Kennedy before his assassination in 1963, the Civil Rights Act of 1964 was signed into law by President Lyndon B. Johnson on July 2 of that year! This act ended segregation in US schools, workplaces, and public accommodations. This allowed Black Americans and other people of color to seek more equitable lives through education, housing, and employment.

