

SOCHI EXPRESS

The Official Publication of Southern California Health Institute



HALLOWEEN COSTUME CONTEST

It's spooky! It's scary! It's totally sanctioned by the Southern California Health Institute in order to promote a communal environment and give back to our student body! It's the SOCHI Halloween Costume Contest!

On October 31st, get ready to feast your eyes on a fashion show to remember. Our student body will get together in the gym and get to witness the creepiest and funniest costumes in all of the world of Health & Wellness. But that's not all! There will be prizes involved! Maybe a SOCHI hoodie? Maybe a gift card or two? It's up to you to find out.

Be sure to plan out your costume and make it SOCHI appropriate. Our morning students will show up to the gym at 11am whilst the evening students will show up at 6pm. Be sure to show up and be safe this Halloween!

Do you have any suggestions for a SOCHI event? Please let us know at jadb@sochi.edu

SOCHI EVENTS

Last month: Fun In The Sun Beach Day

October 12th: Student Appreciation Day

October 31st: Halloween

Some of our students enjoying student appreciation day! Below.





Meet Linda Sweet

Linda, originally from Detroit, Michigan, where after her education taught weekly seminars, and classes to educate anyone and everyone on massage therapy and all aspects of natural health. She had a practice in a chiropractic center for 5 years, and then decided to move to California.

Linda is a certified naturopath and a certified massage therapist. It is her passion to help others get on a healthy natural path, change their lifestyle from fear to prevention, and help to reverse all conditions through nutrition, herbs, vitamins, minerals, homeopathic and more. It is also her pleasure and passion to do help repair various physical injuries by applying medical massage therapy.

We are happy to have Linda with us on our team and look forward to seeing all she has to share with our students

Our Perfect Attendance Students

It's proven that students with better attendance end up with paralleled grades. This shows that showing up to school more often directly correlates with an increase in grade point average. All of our students work hard to ensure that they are jumping right over any obstacles that hinder them from showing up to school on time. In fact, the group of students listed on the right have seemingly put in a bit of extra work since they are at 100% attendance! Be sure to congratulate them in the halls in passing.

Cucci, Jade
Brooks-Awe, Teresia
Johnson, Alexis
Pomville, Ryan
Sheckleford-Lister, Clair
Flores, Wendy
Gonzalez, Oscar
Ramos, Jazmin
Flores, Elizabeth
Hosseini, Maryam
Johnston, Douglas
Santana, Monikke
Kumar, Rowena
Gayetty, Therese
Hale, Mary
Spano, Amber
Ibanez, Kimberly
Beaufry, Jeanin
Soldevilla, Steep
Mostajabi, Monireh

BE SURE TO VOTE

Here at SOCHi, we know firsthand the importance of agency and independence. We encourage you all to exercise your influence and register to vote in the upcoming midterm elections on November 6th.

Every single academic program at SOCHi was chosen because it not only revolves around the realm of health & wellness, but also because they are proven to have rises in employment and opportunities for growth and steady income. Just like SOCHi's academic programs, our midterm elections ride on important issues such as rises in employment, opportunities for growth, steady income and many more issues such as affordable housing, gas tax repeals, and hospital bonds. The core values ingrained in SOCHi's curriculum are put in place to prepare our students for the future in their respective fields. Those values and the measures being voted on in the midterm elections are objectively inextricable. For example, proposition 8 revolving around dialysis clinic profit pruning would affect a medical assistant just like proposition 6's gas tax repeal would affect a massage therapist who travels to see their clients for work. California elections are November 22.