Measures

Wellness Center

The Campus Wellness Center is an educational outreach program sponsored by the Counseling Center to provide preventative and developmental programs to the campus community on topics related to physical and mental well being. It encourages the adoption of healthy lifelong habits and lifestyles. The Wellness Center also has responsibility for the substantial collection of print, audio, and videotape resources available to students seeking self-help material.

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<tbody>
<tr>
<td># of Presentations</td>
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<td>21</td>
<td>26</td>
<td>15</td>
<td>18</td>
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<tr>
<td>Attendance</td>
<td>342</td>
<td>594</td>
<td>606</td>
<td>315</td>
<td>463</td>
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</table>

Topics included: General Wellness, Time Management, Stress Management, Eating Disorders, Healthy Dating, Relaxation, and Meditation. The interns also participated in the Survivor Series during the fall semester, which included specific presentations to freshmen on eating disorders, time/stress management, anxiety/depression, sexuality, and alcohol/drug abuse.

<table>
<thead>
<tr>
<th>Wellness Forums</th>
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<tbody>
<tr>
<td>The Wellness Center sponsored a series of presentations by faculty and other community experts on a variety of wellness-related topics.</td>
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<tbody>
<tr>
<td>Attendance</td>
<td>763</td>
<td>634</td>
<td>708</td>
<td>714</td>
<td>797</td>
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</tbody>
</table>

Forum Topics Included
- Healthy Eating at Every Size
- Dreams
- Rediscovering Your Sensuality
- Eating 4 Thinking
- Money Matters
- Relationships
- Eating Disorder Survivor Panel
- Posture and Movement Yoga
- Breathing in the Poses Yoga
- Letting Go of Fear
- Conscientious Consumerism
- Recovery from Eating Disorders
- Discussion of Slim Hopes
- Making Your Life a Masterpiece
Wellness Information Tables

The Wellness interns set up informational tables at various campus sites on nine dates throughout the semester. We also had informational tables at other events on campus.

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<tbody>
<tr>
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<td>N/A</td>
<td>12</td>
<td>8</td>
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<tr>
<td># of Participants</td>
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<td>N/A</td>
<td>N/A</td>
<td>438</td>
<td>299</td>
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</tbody>
</table>

Topics at the Tables Included
- Summer to Semester
- Good Food and Fitness
- Breast Cancer Awareness
- Random Acts of Kindness
- Women’s Wellness
- Valentines Day
- Healthy Mind/Healthy Body
- Affirmation Station
- De-Stress Table

Participation in Other Events/Informational Tables on Campus

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<tbody>
<tr>
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<tr>
<td># of Participants</td>
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<td>N/A</td>
<td>N/A</td>
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<td>269</td>
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</tbody>
</table>

Events/Tables Included
- Getting Connected
- Survivor Series
- Take Back the Night
- International Women’s Day Fair
- Safety Fair
- Health Fair
- Psychology Internship Fair
- AS Involvement Fair
- Poster Contest
- Great Jeans Giveaway**

New Events on Campus that sponsored by the Wellness Center in 2002-03
- Red Tent (cosponsored by Women’s Center)*
- De-Stress Fest
- Yoga Week
- Eating Disorders Fair

*Participants 11/2 = 125, 4/3 = 135
**More than eight ten-gallon trash bags full of clothing donated to ARC

Drop-In at Wellness Center

Many students take advantage of the Center’s drop-in services. Students also come to the Center seeking information on a variety of wellness-related topics to use in presentations and papers for class. Services include flyers, printed handouts of many topics, and loans of audio and video presentations. Students are able to check out books, all of which have been donated to our Wellness library.

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<tbody>
<tr>
<td>Number of Students</td>
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<td>N/A</td>
<td>620</td>
<td>688</td>
<td>549</td>
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</tbody>
</table>
Informational flyers that were created:
“Tips for Coping with Anxiety about Terrorism”
“Moving Through Your Grief”
“What to do After a Breakup”
“How to Survive the Loss of a Love”

New PowerPoint Presentations On:
General Wellness
Nutrition
Stress/Time Management