

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.

Intern Workshops and Presentations

Workshops and Presentations	1998-99	1999-00	2000-01	2001-02	2002-03
# of Presentations	17	21	26	15	18
Attendance	342	594	606	315	463

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.

Wellness Forums

The Wellness Center sponsored a series of presentations by faculty and other community experts on a variety of wellness-related topics.

	1998-99	1999-00	2000-01	2001-02	2002-03
# of Forums	15	16	16	15	16
Attendance	763	634	708	714	797

Forum Topics Included

Healthy Eating at Every Size	Posture and Movement Yoga
Dreams	Breathing in the Poses Yoga
Rediscovering Your Sensuality	Letting Go of Fear
Eating 4 Thinking	Conscientious Consumerism
Money Matters	Recovery from Eating Disorders
Relationships	Discussion of Slim Hopes
Eating Disorder Survivor Panel	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.

	1998-99	1999-00	2000-01	2001-02	2002-03
# of Tables	N/A	N/A	N/A	12	8
# of Participants	N/A	N/A	N/A	438	299

Topics at the Tables Included

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

Participation in Other Events/Informational Tables on Campus

	1998-99	1999-00	2000-01	2001-02	2002-03
# of Events/Tables	N/A	N/A	N/A	N/A	8
# of Participants	N/A	N/A	N/A	N/A	269

Events/Tables Included

Getting Connected	Safety Fair
Survivor Series	Health Fair
Take Back the Night	Psychology Internship Fair
International Women's Day Fair	AS Involvement Fair

New Events on Campus that sponsored by the Wellness Center in 2002-03

Red Tent (cosponsored by Women's Center)*	
De-Stress Fest	Poster Contest
Yoga Week	Great Jeans Giveaway**
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.

	1998-99	1999-00	2000-01	2001-02	2002-03
Number of Students	N/A	N/A	620	688	549

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