

## **CAMPUS WELLNESS CENTER**

### **Mission Statement**

The Campus Wellness Center exists to raise awareness of wellness and healthy lifestyle issues throughout the campus community, but especially among students. Education is the vehicle through which we can motivate students to evaluate and change unhealthy or self-defeating behaviors, leading in turn to a healthy lifestyle and the prevention of many health problems. In this way the program strives to create a positive impact on personal growth as well as academic performance within the campus environment.

### **General Program Goals**

1. Increase student understanding of how positive lifestyle choices can make a significant difference in their lives now and in the future.
2. Encourage inclusion of wellness principles throughout many aspects of campus life and, by raising campus awareness, improve the general level of health on campus.
3. Provide up-to-date educational resources (handouts, books, audio/videotapes, website) on a wide variety of wellness-related and self-help topics for students to use in classroom assignments and activities as well as for personal use.
4. Provide a focal point for dissemination of information regarding the activities of a variety of wellness-related programs on campus.
5. Offer a high profile program as a visible reminder to students that healthy activities are available and fun.