FACULTY FOCUS
Promoting a Healthy Environment

While transitioning into late autumn, students may be facing challenges while wrapping up the semester which could result in them feeling run down or sick. Our Student Health Center (SHC) provides timely care and fills prescriptions for students facing a number of health-related issues. SHC is a walk-in clinic (no appointment necessary) staffed with nurse practitioners, registered nurses, licensed practical nurses, laboratory and X-ray technologists, health educators and administrative support personnel.

Stress Management Workshops Provided!
If your students need help managing stress during this time of the semester, the Counseling Center is offering two workshops:
- Tuesday, December 5 | 3 - 4 p.m.
- Wednesday, December 6 | 9 - 10 a.m.

Both will be held in Wilder Tower 206. An optional visit to the Relaxation Zone will be provided upon request after the workshop.

Additionally, our Campus Recreation and Intramural Services department continues to operate a state-of-the-art exercise and fitness facility, allowing students to work out, participate in a drop-in fitness class, swim in the pool, or engage in intramural competition. By taking advantage of these fitness services, students will not only be able to maintain a healthy state of mind and body but also become more academically successful.