



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.