



**Wellness Center Educational Programs and Services
Spring 2018**

The Wellness Center works to create and support a culture of health and wellness at the University of Wyoming. Check out some of our upcoming offerings. Unless otherwise noted with (\$), most Wellness Center programs and services are free to UW students, faculty, and staff.

SPRING 2018 PROGRAMS	DETAILS
General Wellness	
<ul style="list-style-type: none"> • Wellness Center tours. Come see the beautiful new Wellness Center and all that we have to offer. Highlights include the Zen Den, personal training room, massage therapy room, and athletic training room. 15-30 minutes; audiences of 3-10, but can negotiate accommodations for more. 	<ul style="list-style-type: none"> • As requested.
<ul style="list-style-type: none"> • Presentations and Outreach. We offer a variety of free educational programs and presentations on different health topics. Request a presentation for your organization or group. See our website for a list of our outreach topics. Minimum two weeks advance notice. 	<ul style="list-style-type: none"> • As requested. Two weeks advance notice, please.
<ul style="list-style-type: none"> • Health Assessments and Screenings. Check your blood pressure, take an online sleep assessment, get screened for alcohol, depression, anxiety, or other health issues. 	<ul style="list-style-type: none"> • Visit our website for screenings, or use our self-service blood pressure cuff in the Wellness Center lobby
<ul style="list-style-type: none"> • Zen Den Relaxation Lounge. Stop in the Wellness Center Zen Den for a break. Listen to relaxing music, feel the sun in your face, unplug from technology, and relax. 	<ul style="list-style-type: none"> • Available M-F, 9am-5:30pm.
<ul style="list-style-type: none"> • Rec Rewards. Pick up a Rec Rewards card, get a punch by participating in Campus Recreation programs, and win a t-shirt! One punch must come from each of the following departments: Intramurals, Wellness Center, Group Fitness/Personal Training/Aquatics, and Outdoor Program. The six other punches can come from any of the above. After 10 punches, turn in your card to the Wellness Center to be rewarded a Rec Rewards T-shirt! 	<ul style="list-style-type: none"> • Rec Rewards cards available in the Wellness Center and any other Campus Recreation Department.
Stress Management and Mental Wellness	
<ul style="list-style-type: none"> • Massage Therapy (\$). Whether you want help with relaxation and stress relief, or to work out muscle aches and pains, our massage therapists will leave you feeling rejuvenated. \$35/half hour, \$60/hour massage. Gift certificates available. 	<ul style="list-style-type: none"> • M-F, 9:00am to 5:30pm. • Open to UW students only.
<ul style="list-style-type: none"> • Chair Massage Services Rental (\$). Do you have a student event or meeting? Want to recruit people for your student group? Let us help! Rent our chair massage services on an hourly basis for special student events. We provide the massage chairs and the skilled and trained massage therapists. You provide the students. Minimum two weeks advance notice. Contact us for a price quote. 	<ul style="list-style-type: none"> • By request only. Two weeks advance notice, please.
<ul style="list-style-type: none"> • Drop-in Meditation. Drop in for a guided meditation practice. Great for beginners and experienced meditators! 	<ul style="list-style-type: none"> • Every Thursday in the Wellness Center Zen Den from 12:15-12:45.

<ul style="list-style-type: none"> • Big Sky Stress-Management Mindfulness Workshops. This 4-week workshop teaches skills in mindfulness and meditation. The curriculum-based program will help you manage stress as well as find more satisfaction in your daily life. Great for beginners and experienced meditators! 	<ul style="list-style-type: none"> • Registration required. • Feb: Wednesdays 7, 14, 21, 28 • March: Thursdays 1, 8, 22, 29 • April: Mondays: 9, 16, 23, 30
<ul style="list-style-type: none"> • Puppy Play Dates. Come relax and manage your stress with certified therapy dogs. Pet them, read to them, sing to them, talk to them, snuggle them. Studies suggest that petting a kind animal can help people relax, feel more optimistic, and less preoccupied with everyday stress. Offered once a month. 	<ul style="list-style-type: none"> • Feb 5 (Monday), March 7 (Wednesday), April 4 (Wednesday), May 2 (Monday) from 4-5pm in Half Acre 115
<ul style="list-style-type: none"> • Kittie Cuddle Times. Come relax and manage your stress with adorable kittens! Pet them, read to them, sing to them, talk to them, snuggle them. Kittens are from the Laramie Animal Welfare Society and are also adoptable! 	<ul style="list-style-type: none"> • February 19 (Monday), March 21 (Wednesday), April 18 (Wednesday), May 7 (Monday) from 4-5pm in Half Acre 115
<ul style="list-style-type: none"> • Art-Well Stress Management Program. Art-Well is our adult coloring program. Coloring isn't just for kids. It can help decrease stress and anxiety, and promote overall wellness in adults too. Drop in for our relaxing Art-Well program and color your stress away. Coloring pages and colors are provided. We offer scheduled Art-Well times, but if you can't make those, come to the Wellness Center Zen Den any time on your own. 	<ul style="list-style-type: none"> • Drop in Mondays, 3-4pm in Wellness Center Zen Den.
<ul style="list-style-type: none"> • The Body Project. This is a peer-led educational program that engages women in tough conversations that our society has created about "the perfect body." The program involves two, two-hour sessions, and trained peer leaders will guide groups of 6-8 women in conversations about body image, body acceptance, and the costs of pursuing the unattainable ideal appearance. Participants will not only receive tools to forge a healthy mindset around their body, but will also gain skills to positively impact the dynamic concerning the appearance ideal. 	<ul style="list-style-type: none"> • Registration is required. • Open to female students only. • Dates/times/locations to be announced.
Nutrition	
<ul style="list-style-type: none"> • Cowboy Cooking Class. Learn to cook budget-friendly, healthy, and easy meals! Sample delicious food and get recipes. Offered twice a month during the academic year. 	<ul style="list-style-type: none"> • Registration required. • 12:10 to 1:00 in Half Acre 117 • Fridays: February 9, 23, March 23, April 13
<ul style="list-style-type: none"> • Mindful Eating. No more diets! Learn how to listen to your body and let it tell you what, when, why, and how to eat. Practice with delicious food samples provided. This is a regular program offered at the Wellness Center once a month, but can also be an outreach program offered to your group or organization. 	<ul style="list-style-type: none"> • Registration required. • 1:00-2:00 in Half Acre 117 • February 13
<ul style="list-style-type: none"> • Free Fruit Fridays. Eating healthy doesn't have to be difficult. Stop by the Wellness Center every Friday and pick up a free piece of fruit, until supplies last. <i>UW students only, please.</i> 	<ul style="list-style-type: none"> • UW students only, please.
<ul style="list-style-type: none"> • Smoothie Bike. The first Friday of the month, we bring out our amazing smoothie bike! Stop by the Wellness Center and spin yourself a delicious smoothie! 	<ul style="list-style-type: none"> • First Friday of the month, beginning in February.
<ul style="list-style-type: none"> • Smoothie Bike Rental. Do you have a juicy event or meeting that you'd like to make even better? Let us help! Rent our smoothie bike on an hourly basis for special events. We provide the bike, staff, and all the delicious ingredients! Minimum two weeks advance notice. Contact us for a price quote. 	<ul style="list-style-type: none"> • By request only. Two weeks advance notice, please.

Physical Wellness	
<ul style="list-style-type: none"> • Body Composition Testing. The scale and the mirror are not always the best way to judge body fat and the success of a fitness program. Body composition testing is a great way to set a baseline and track progress. Testing is conducted by certified Personal Trainers and is free. The quick 15-minute sessions are conducted on a first come, first serve basis, once a month. Workout clothing is advised, but not mandatory. No registration or membership required! 	<ul style="list-style-type: none"> • First Tuesday of each month from 4:30-6:00pm in the Wellness Center.
<ul style="list-style-type: none"> • Personal Training (\$). Receive personalized workouts and support to help you reach your fitness goals. 	<ul style="list-style-type: none"> • Must be a member of Half Acre.
<ul style="list-style-type: none"> • Athletic Training. Let our Certified Athletic Trainer help you with your injury prevention and care needs. 	<ul style="list-style-type: none"> • Available only to UW students.
<ul style="list-style-type: none"> • Adult Wellness for Faculty and Staff. The Adult Wellness Program for faculty and staff gives participants the opportunity to improve overall health, conquer challenging fitness goals, increase confidence, and learn proper exercise techniques to amplify their experience in a fun and motivating environment. We aim to create a realistic and lasting passion for health and fitness in adults that can be sustained for life. 	<ul style="list-style-type: none"> • Must be a member of Half Acre. • Info meetings: Monday, January 29 at noon or 5:30pm in Half Acre 115 • Assessment Fairs: Wednesday, January 31 at noon or 5:30pm • Workouts: Mon, Wed, Fri from noon to 1:00; and Mon, Wed from 5:30-6:30pm.
Financial Wellness	
<ul style="list-style-type: none"> • Reality Town. 	<ul style="list-style-type: none"> • Tuesday, February 27 in Union Center Ballroom. Grand Prize Raffle
<ul style="list-style-type: none"> • Credit with UniWyo. • Budgeting Workshops. 	<ul style="list-style-type: none"> • Feb. 6 at 6pm-7pm. Pizza and Raffle • Feb 13th and 15th 6pm to 7pm BU room 108
<ul style="list-style-type: none"> • Northwestern Mutual Presentation about Long-Term Finances. 	<ul style="list-style-type: none"> • February 22 in Business room 129 at 6pm-7pm. Pizza and Raffle
Student Involvement Opportunities	
<ul style="list-style-type: none"> • Wellness Ambassadors Program. This is a student organization whose goal is to provide training, support, and opportunities for UW students to become leaders in campus health promotion. The program is open to any undergraduate or graduate student interested in promoting health and wellness at UW. Apply online on our website. 	<ul style="list-style-type: none"> • Must apply online on our website. • Fall training scheduled for Saturday, February 10, from 9am-5pm.
<ul style="list-style-type: none"> • Health Leadership Certificate Program. A self-paced program that provides opportunities to improve your health, wellness, and health promotion leadership skills, along with receiving recognition for your health promotion and health leadership achievements and contributions. Enroll online on our website. 	<ul style="list-style-type: none"> • Enroll online on our website.
<ul style="list-style-type: none"> • Internships. Every semester the Wellness Center provides opportunities for students to receive meaningful work experience and internship credit. 	<ul style="list-style-type: none"> • Check out our website for more information.

Contact us for more information:

Half Acre 107

307-766 WELL (9355)

Email: wellness@uwyo.edu

www.uwyo.edu/wellness

Snapchat: @UWwellness

Instagram: @UWwellness

Facebook: @wyowellnesscenter