



# UW

Campus Recreation  
Wellness Center

## Wellness Center Educational Programs and Services Fall 2021

The Wellness Center is open for in-person and virtual programs! Let the Wellness Center support you in feeling and looking your best. We work to create and support a culture of health and wellness at the University of Wyoming and we are excited to offer a variety of programs to support the university community. Unless otherwise noted, most Wellness Center programs and services are free to UW students, faculty, and staff. Continue to check in at our [website](#) for updates, as we will be adding programs regularly! Our fall semester hours are Monday-Friday, 9:00am-5:30pm.

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### Stress Management and Mental Wellness

- **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! Register here: <https://WellnessCenterprograms.as.me/>
  - Registration required, free to UW students, faculty, and staff
  - **Wednesdays:** Sept 15, 22, 29, Oct 6 from 3:30-4:50pm **in person**
  - **Thursdays:** Oct 7, 14, 21, 28 from 3:30-4:50pm **in person**
  - **Fridays:** Oct 22, 29, Nov 5, 12 from 9:00-10:20am **in person**
  - **Tuesdays:** Oct 26, Nov 2, 9, 16 from 11:30-12:50 **via Zoom**
- **Calligraphy with Kevin.** The act of writing letters by hand can be very calming and restorative. Learn some basic handwriting techniques that combine to form simple, yet attractive letters of calligraphy. Supplies will be provided for in-person sessions, and include writing utensils, nibs, lined paper and ink. Register at: <https://WellnessCenterprograms.as.me/>
  - Registration Required
  - Tuesdays from 4:00-5:00pm: Sept 28, Oct 26, Nov 30, Dec 14
- **Drop-in Meditation.** Join us for a guided meditation in the Wellness Center Zen Den! Great for beginners and experienced meditators! Open to UW students, faculty, staff, and the public.
  - Thursdays from 12:15-12:45 in the Wellness Center Zen Den
- **Gatekeepers Training.** This may be the most important training you'll ever take. Offered in partnership with the University Counseling Center as part of the "UW Lifesavers Initiative," Gatekeepers Training teaches students, staff, faculty, and community members to help identify students at risk of suicide attempts and suicide. The interactive session provides participants with practical skills on how to intervene with a student, friend, or colleague who may be in a suicide crisis. Register here: <https://WellnessCenterprograms.as.me/>
  - Registration required, sessions held in person and via Zoom
  - Mondays: Sept 27, Oct 25, Nov 29 from 3-5pm **in person**
  - Thursdays: Sept 16, Oct 21, Nov 18 from noon-2pm **via Zoom**

- **American Foundation for Suicide Prevention "It's Real" Documentary.** In conjunction with National Suicide Prevention Month, we will be screening the American Foundation for Suicide Prevention's (AFSP) "It's Real: College Students and Mental Health" documentary. This short film follows six diverse college students on their mental health journeys. Afterwards, there will be time to talk about the film and ask questions with professional staff from the Wellness Center and University Counseling Center. Food provided.
  - Registration recommended and appreciated here: <https://WellnessCenterprograms.as.me/>
  - Tuesday, September 14th, 6-7pm, Half Acre Recreation and Wellness Center, Room 115
- **Kitty Cuddle Time.** 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!
  - Mondays from 4-5pm in Half Acre 115: Sept 20, Oct 18, Nov 15, Dec 13
- **Massage Chairs.** Whether you want help with relaxation and stress relief, or to work out muscle aches and pains, our electronic full-body massage chairs will leave you feeling rejuvenated. Free for UW students with valid WyoOne ID! Buddy sessions available.
  - M-F, 9:30am to 4:30pm.
  - UW students only with valid WyoOne ID.
  - Schedule an appointment by calling the Wellness Center at 766-WELL (9355) or online at: <http://www.uwyo.edu/rec/wellness-center/massage-therapy/index.html>
- **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.
  - Tuesdays from 4-5pm in Half Acre 115: Sept 14, Oct 12, Nov 9, Dec 7
- **Screenings.** Free and confidential general alcohol and mental health screenings will be offered by professional prevention staff. Screenings are open to all members of the UW campus community and will serve as a safe space to ask questions about mental health or substance use resources on campus and in the community. Screenings should take no longer than 10 minutes. Sign up here: <https://WellnessCenterprograms.as.me/>
- **Self-Love and Happiness Workshop Series via Zoom** Most of us feel compassion when a close friend is struggling. What would it be like to receive the same caring attention from yourself when you need it most? Gain skills for self-compassion and happiness. Join us for this 4-week workshop series and practice skills to enhance your capacity for emotional well-being. Register here: <https://wellnesscenterprograms.as.me/classes>
  - Registration required, free to UW students, faculty, and staff.
  - Mondays: October 4, 11, 18, 25 from 10:00-11:20am **in person**
  - Tuesdays: Nov 2, 9, 16, 23 from 3:30-4:50pm **via Zoom**
- **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. Get a foot massage with our amazing electronic foot massagers, cozy up with a good book in a beanbag chair, or color your stress away with adult coloring pages. Available during regular Wellness Center business hours.

## Nutrition and Food Security

- **CampusWell/Student Health101 UCookbook.** Get recipes and ideas for how to cook budget-friendly, healthy, and easy meals through the [UCookbook](#) from CampusWell!
  - **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. *UW students only, please.*
  - **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!
  - **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.
  - **UW Food Share Pantry.** Through efforts from multiple campus departments, ASUW and the UW Food Security Task Force, the Dean of Students has been able to sustain the UW Food Share Pantry for students and employees. Contributions of pre-packaged and non-perishable items are welcomed and needed. Located in Knight Hall. For more information about hours operations, access and other resources, visit the Dean of Students website at <http://www.uwyo.edu/dos/student-resources/food-pantry.html> .
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## Physical Activity/Wellness

- **Athletic Training.** Let our Certified Athletic Trainer help you with your injury prevention and care needs. Free for UW students with valid WyoOne ID! Appointments available in person and via telehealth.
- **Body Composition Testing and Fitness Assessments.** 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, measured through bioelectrical impedance, is a great way to compare percent lean mass to percent body fat and set a baseline to track progress going forward. Fitness assessments provide performance data on various aspects of fitness such as strength and cardiorespiratory endurance. Testing is conducted by certified Personal Trainers and is free. The quick 15-20-minute sessions are conducted on a first come, first serve basis, once a month. Workout clothing is advised, but not mandatory. Participants can opt into whichever tests they wish to take. No registration or membership required!
  - Dates: Thursdays from 3:00-4:30pm in the Wellness Center
  - Sept 30, Oct 28, Nov 18
- **Campus Recreation [YouTube Fitness Videos](#).** Stay active from home with our online fitness videos taught by our UW certified fitness staff! Check out our fitness playlists for workout ideas, follow-along sessions, and self-care movement strategies. More videos will be added regularly so keep checking back.
- **Fitness Resources.** Visit our Fitness website for [sample workouts](#) or ideas on creating your own [exercise routine](#)!
- **Personal Training (\$).** Receive personalized workouts and support from our Certified Personal Trainers to help you reach your fitness goals. Personal training is available either in-person or virtually. Visit our [Fitness website](#) for more information. *Half Acre membership required.*

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## General Wellness

- **Presentations and Outreach.** We offer a variety of free educational programs and presentations on different health topics. Request a presentation for your class, organization, or group. Two weeks advance notice, please.
- [CampusWell/Student Health 101 Online Magazine](#). Get research-based, relevant and engaging information about a variety of wellness topics, from mental health to nutrition to relationships, to financial support, and more!
  - [Opt in to receive weekly emails](#)
- **Wellness Bingo.** Stay well and have fun while you are sheltering-in-place! Complete wellness-themed activities and enter to win prizes! Keep an eye on our website for the bingo card download and instructions.
  - Play here! Download and print your [Bingo Card and Instruction Sheet](#).
- [Campus Recreation YouTube Channel](#). Check out our Campus Recreation YouTube channel for fitness and wellness videos. These are brought to you by your favorite Campus Recreation staff to help you stay well at home. Check back regularly as we will be adding new videos.

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## Student Involvement Opportunities

- **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. Fall training will be held on Saturday, October 2, 2021.
- **Internships.** Every semester the Wellness Center provides opportunities for students to receive meaningful work experience and internship credit. Email us for more information.

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## Employee Wellness

- **Faculty/Staff Fitness.** This is a group fitness class specifically offered and tailored to faculty/staff at UW. It gives this population the opportunity to improve overall health, increase confidence, work toward achieving fitness goals, learn proper movement mechanics and build community support that will serve to enhance their experience in a fun and motivating environment separated from the student body. We aim to create a realistic and lasting passion for health and fitness in adults that can be sustained for the long-term. Our mission is to focus on creating a safe and enjoyable exercise environment for our participants.
  - Active Half Acre membership required
  - Mondays and Wednesdays, 12:10-1pm, Group Exercise Studio HA 225 August 23-December 10
  - Register for class using the Campus Rec App on fitDEGREE\*\*
  - If you have not attended a class before but are interested to find out more, please send an email to both Kevin Bretting ([kevinb@uwyo.edu](mailto:kevinb@uwyo.edu)) and Isaiah Kiefer ([ikiefer1@uwyo.edu](mailto:ikiefer1@uwyo.edu)) and they will get you started.

- **\*\*Use our Fitness Class App! To Sign Up:** Search for “University of Wyoming Campus Rec” on the App Store or Google Play Store. Stay up to date with class changes, new events, and invite friends to join you for a workout! Want to sign up using your computer instead? Visit <https://app.fitdegree.com/>
  - The University of Wyoming offers an Employee Assistance Program (EAP) that provides benefitted employees and their household members with professional counseling, as well as legal and financial assistance. UW partners with Deer Oaks EAP Services LLC. More information can be found on the [UW Human Resources website](#).
  - Daily Burn Subscription - Employees on the Cigna health plan are eligible for a 1-year FREE subscription. The Daily Burn is an online on-demand workout platform that offers thousands of virtual workout classes accessible from your phone, iOS device, or computer. Workout videos can be downloaded and accessed without an internet connection. How to get started:
    - Go to [www.wyomingonwellness.org](http://www.wyomingonwellness.org) click on "Daily Burn" just under the Wyoming on Wellness Logo
    - Go down to the heading "How Do I get Started". Follow the directions to get your account set up.
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## Contact Information

### Contact us for more information:

Half Acre 107

307-766 WELL (9355)

Email: [wellness@uwyo.edu](mailto:wellness@uwyo.edu)

[www.uwyo.edu/wellness](http://www.uwyo.edu/wellness)

Instagram: @UWwellness

Facebook: @uwyoec