

DIMENSIONS OF WELLNESS



CONTACT

Visit us for more information:
www.uwyo.edu/wellness
Half Acre 107
Phone: 307-766-WELL (9355)
Email: wellness@uwyo.edu
Facebook: @WyoWellnessCenter
Instagram & Snapchat: @UWWellness

HOURS

Monday through Friday, 9:00am – 5:30pm

LOCATION

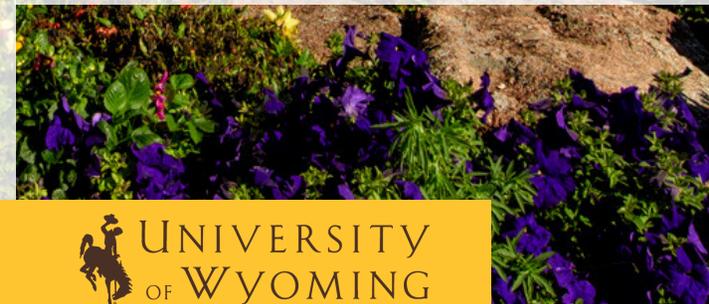
We are in the southwest part of Half Acre, in the “free zone,” which does not require gym membership to access.

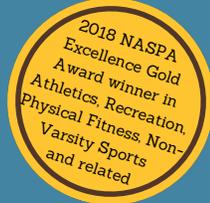
ELIGIBILITY

The Wellness Center is open to UW students as well as members of the university community. Most offerings are free; however there are a few services that charge at a competitive rate.



CREATING & SUPPORTING A
CULTURE OF HEALTH & WELLNESS





SERVICES, PROGRAMS, & RESOURCES

Here are a few of the things we have to offer. Stop in or visit our website to find out more.

Massage Chairs: Whether you want help with relaxation and stress relief, or to work out muscle aches and pains, our chair massage will leave you feeling rejuvenated. Available at no charge to UW students with WyoOne ID only.

Personal Training(\$): Receive personalized workouts and support to help you reach fitness goals.

Athletic Training: Let our Certified Athletic Trainer help you with your injury prevention and care needs. Available at no charge to UW students with valid WyoOne ID only.

Weekly educational programs and workshops: Join us for a meditation workshop or cooking class, manage your stress by playing with certified therapy dogs, cuddling kittens, or try out other programs. Visit our website for a list of current events.

Faculty and Staff Adult Wellness Programs: Get fit and improve your overall health by enrolling in these fitness programs led by certified personal trainers. Half Acre membership required.

Outreach: Request a presentation for your group. Health assessments and screenings: Check your blood pressure, take a sleep assessment, get screened for alcohol, depression, anxiety or other health issues.

Campus and community resources and referrals: If we can't help you, we will let you know who can.

Free Fruit Fridays: Stop in every Friday during the academic year for a free piece of fruit.

Wellness Ambassadors Program: This Registered Student Organization is a great opportunity for students to get involved and gain leadership skills while promoting health and wellness on campus.

Health Leadership Certificate Program: Receive recognition for your health promotion and health leadership achievements and contributions.

Educational materials and health promotion supplies: Pick up a brochure, grab some sunscreen, hand sanitizer, safe sex supplies, or other freebies.



VISION

The Wellness Center is more than a physical space; it is a network of people, programs, services, and policies that work together to create and support a culture of health and wellness at UW.

MISSION

The mission of the University of Wyoming Wellness Center is:

- To incorporate educational strategies and services that empower and support students, faculty, and staff to make informed and healthy decisions, thereby promoting academic, personal, and professional success.
- To work collaboratively to identify, establish, and promote policies and activities that foster a culture of wellness and a healthy campus community.
- To encourage healthy lifestyles and to create an environment that promotes student recruitment and retention.
- To provide opportunities for students to develop and sustain behaviors that contribute to their health now, and into the future.

FOCUS

The Wellness Center works collaboratively to provide education, services, and programs that address a variety of health needs. Our emphasis is on primary prevention, and our focus is in the following ten areas: Academic Impacts (specifically stress, sleep, anxiety, cold/flu/sore throat), Alcohol and Other Drug Abuse, General Health, Mental Health, Nutrition, Physical Activity and Fitness, Safety, Sexual Health, Tobacco Use, Occupational and Financial Wellness.

