

Wellness Gathering

INTERESTED IN WORKING FITNESS AND WELL BEING INTO YOUR DAILY ROUTINE?

JOIN THE WELLNESS CENTER COMMUNITY MEETINGS AND FIND OUT WHAT SERVICES AND PROGRAMS YOUR STUDENT FEES PROVIDE TO HELP YOU SUCCEED!

THURSDAYS FROM
2:30 PM TO 3:30 PM

JOIN US ON
SAGROUPS.UMB.EDU

HOURS:

MON/WED/FRI
8:15 AM - 12:45 PM
AND
TUE/THURS
2:00 PM - 4:30 PM

Services

WELLNESS LOUNGE WITH COMPUTER ACCESS AND HERBAL TEA!

INFORMATION ON SMOKING CESSATION, WEIGHT LOSS, COUNSELING SERVICES, ALCOHOL AND SUBSTANCE ABUSE, SAFE SEX AND WAYS TO REDUCE STRESS DURING THE SEMESTER.

FREE YOGA CLASSES, GYM MEMBERSHIP, FITNESS BUDDY PROGRAM... SPONSORED BY UNIVERSITY HEALTH SERVICES

STUDENT WELLNESS CENTER

Campus Center

3RD FLOOR

HOW WILL YOU STAY FIT THIS SEMESTER?



I JOINED THE WELLNESS CENTER WORKOUT!

WELLNESS WORKOUT

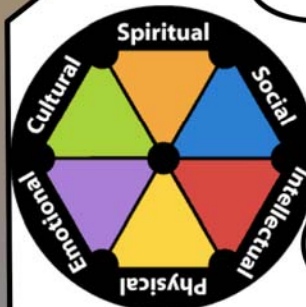
A GROUP OF SUPPORTIVE PEERS WHO MEET UP TO WORKOUT TOGETHER 2X PER WEEK.

TO JOIN CALL:
617.287.7981

ROOM 3006-01

OUR MISSION:

TO SUPPORT INDIVIDUAL CHOICES THAT FOSTER HEALTH AND WELLNESS FOR STUDENTS.



TO ENCOURAGE A BALANCED LIFESTYLE THAT WILL ENHANCE YOUR ACADEMIC CAREER.