

University Resources for Your Wellness

Social Wellness

- Kaufman Interfaith Institute
- Housing & Residence Life
- Kirkhof Center
- Laker Link
- LGBT Resource Center
- Recreation & Wellness
- Office of Student Life

Emotional Wellness

- LGBT Resource Center
- Student Organizations and Clubs
- Social Justice Centers
- University Counseling Center
- Recreation & Wellness

Environmental Wellness

- Accessible Restroom & Wellness Rooms
- Division of Inclusion & Equity
- Housing & Residence Life
- Office of Multicultural Affairs
- Office of Sustainability Practices

Intellectual Wellness

- Academic Advising
- Center for Women & Gender Equity
- Laker Link
- Student Academic Success Center
- Tutoring & Writing Centers
- University Libraries

University Resources for Your Wellness

Financial Wellness

- Career Center
- Handshake
- Money Smart Lakers
- Office of Financial Aid
- Replenish
- Student Employment

Occupational Wellness

- Academic Advising
- Career Center
- Community Service Learning Center
- Office of Student Life
- Student Employment

Physical Wellness

- Alcohol & Other Drugs Services (AOD)
- Athletic & Rec Facilities
- Laker Food Co.
- Campus Health Center
- Recreation & Wellness
- Replenish

Spiritual Wellness

- Kaufman Interfaith Institute
- Interfaith Reflection Rooms
- Laker Link
- Office of Student Life