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SHIPPENSBURG UNIVERSITY

RAIDER WELLNESS RESOURCE CENTER

Our Goals

- •Provide a dedicated, centralized space to bring visibility, increase access, and promote conversations and dialogue regarding wellness.
- •Offer groups, workshops, and programming which focus on the eight dimensions of wellness.
- •Provide an opportunity for students to be able to check-in and have discussions, develop goals, obtain resources, and discuss campus resources and referral options.

Planned Programming / Initiatives

- •Meditation Workshops with Dr. Sato
- •Workshops on Nutrition & Sleep
- •Grief themed discussions and workshops
- •Developing healthy relationships with food
- •Wellness Fair Themed discussion groups
- Therapy Dogs

https://www.ship.edu/life/wellness/raider-wellness-resource-center/



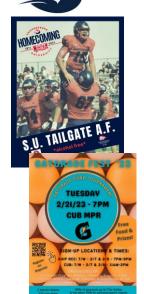






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or call (717) 477











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