Raider Wellness Resource Center

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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/