

Raider Wellness Resource Center

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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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