

# UH Wellness: Staying Healthy and Well

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# Mission

To promote health, well-being, and resiliency through education, outreach, and prevention

# Free Workshop and Trainings

- Nutrition & Physical Activity
- Mental Health & Well-Being
- Substance Use (including BASICS)
- Sexual Health
- Life Skills



Let'sTalk



Let'sTalk



Tea Tuesday



Let'sTalk

# On Campus Events

- Unwind with Wellness
- Fresh Check Day
- Sexual Assault Awareness Month



# Cougar Peer Educators & Influencers

- Assist with wellness programming
- Connect students with health information and resources



# Cougar Cupboard

- Houston Food Bank partner
- Open to any enrolled student
- Receive up to 30 pounds of food per week



# Where to Find Us



Campus Recreation and Wellness Center – 4500 University Drive (Building 552)

# Other Services

- Free Wellness Consultations
- Lending Library
- Minor in Possession Classes
- Tea Tuesdays
- Weekly Meditation



# Thank You!

Social Media: @wellnessUH

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