

Well-being Center FAQ's

Why build a Well-being Center?

- The new Well-being Center and the many new well-being initiatives are in alignment with the University Strategic Plan goal for a thriving and inclusive University community. The Well-being Center will bring together all campus health care services under one roof to provide easy access and increase efficiencies and effectiveness using a collaborative approach to prevention and care.

What departments will be housed in the Well-being Center?

- All departments in the Health and Well-being Unit will be housed in either the Well-being Center or Weinstein Center for Recreation. Health Promotion will be on the 1st floor of the Well-being Center, Student Health Center (SHC) will be on the 2nd floor, and Counseling and Psychological Services (CAPS) will be on the 3rd floor. University Recreation will be in the Weinstein Center for Recreation.

What will be some of the amenities in the Well-being Center?

- Healthy Food Café
- Demonstration Kitchen
- Meditation Garden
- Massage and Meditation Rooms
- Massage Chairs and Sleep Pods
- Salt Therapy Room
- Mind-Body Studio
- Labyrinth
- Self-Care Resource Center

Will there be any new programs offered?

- We are in the process of studying best practices, determining priorities, and seeking sources of funding for many new programs. Some new programs being considered include:
 - Cooking demonstrations on culinary techniques, food preparation, and nutrition education
 - Registered Dietitians will provide increased opportunities for nutrition counseling
 - Deeply discounted massage and personal training appointments
 - Expanded mindfulness and meditation programs and events
 - Music and art therapy instruments, projects, and programs
 - Increased administrative and financial support for Well-being Peer Educators/Advocates
 - Pet therapy dog programs and partnerships with professional staff
 - Robust and high profile Health and Well-being lecture series

Will there be additional SHC or CAPS staff?

- To help address the rising demand for campus health services, the University is conducting a comprehensive review of our health services units to have comparisons with our peers, study best practices, and make recommendations for various approaches to service delivery. We anticipate the recommendations and outcomes of this study will help determine the best use of our staff and resources.

What does the new Athletics basketball practice facility have to do with the Well-being Center?

- The Athletics basketball practice facility and the Well-being Center are distinct and independent buildings scheduled and planned together as one construction project.

When will the Well-being Center open?

- The building is scheduled to be open fall 2020. Depending on many factors, the opening may be sometime in the early fall or late fall semester.

What if I have additional questions?

- Visit our Health and Well-being website to submit questions and feedback about the Well-being Center: <https://www.richmond.edu/well-being/feedback.html>. Questions that are frequently asked will be added to the FAQ page.