Welcome to the Department of Health Promotion and Wellness

The Department of Health Promotion and Wellness is dedicated to promoting a healthy campus environment, enhancing student well-being, and fostering student empowerment to achieve optimal health and academic success.

Resources:
- Alcohol/Drug Abuse
- Eating Disorders
- Financial Health
- Healthy Transitions
- Health Hut
- Mental Health
- Nutrition Education
- Peer Education
- Sexual Health and Healthy Relations

We offer individual and group education on a variety of health topics, presentations for student organizations and classes, special health awareness events, and resources for students with academic projects. Also, learn more about the strategic health teams.

Health Promotion Resources

We have a collection of videos, brochures, and handouts that are available to students. Limited quantities of brochures are available for class or group presentations.

Flu Information:
- Cold or Flu
- Cold and Flu Season is Here
- Fall 2009 Flu Update

Contact information:
Visit us in room N203, Student Health Center
Call us at (205) 348-3878