Enhancing Wellness to Build a Healthier Campus

Connie Boehm, Director, Student Wellness Center
Location: B130 RPAC, 12th Floor of Lincoln

Hours: 9:00am - 9:00pm

Contact Info:
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SWC.OSU.EDU
Almost everything we do in student life can be tied either directly or indirectly to wellness.”
Competing Concerns on Campus Today
Groups being served

Fall
- 18 STEP Cohorts (includes one whole house)
- Buckeye Leadership Fellows
- Non-Profit Immersion Program
- Collegiate Recovery Community

Spring
- Student Wellness Center Volunteers
- Greek Life
- 7 STEP Groups

Workshops/Trainings
- Morrill Scholars Program Living Learning Community
- CFAES and School of Environmental Services Peer Mentors
- Pay it Forward
- First Year Experience Peer Leaders
Scarlet and Gray Financial
Collegiate Recovery Overview
Alcohol and Drug Prevention
Healthy Relationships
Nutrition Coaching
Take the Wellness Assessment and be entered to win the following:

- Beats by Dre™ Headphones (4)
- Fitbits (2)

go.osu.edu/WA
ScreenU Pilot

- Screening
- Brief Intervention
- Referral to Treatment
- Alcohol and Prescription Drugs
- 7-10 minutes
Opportunities for YOU!

- Research projects
- Grant writing
- Conference Planning
- Presentation delivery
- Follow us on twitter and facebook
- Running and participating in focus groups
- Product development
- Uweekly reports
- Webinars
Helping Students THRIVE!

@OSUwellness