



Well-Being Center



The Well-Being Center strengthens our ability to support high achievement and a well-balanced life by providing an environment of diversity and inclusion for students with its welcoming space.

The Health and Well-being Unit's team based approach and integration of services fosters a health care partnership to improve and facilitate access, continuity of care, communication, and ultimately optimize health outcomes for our students. Our focus is on the upstream approach of education and prevention to encourage healthful decision making and instilling and promoting positive habits.



The Well-Being Center is University of Richmond's new home for Counseling and Psychological Services, Health Promotion, and Student Health bringing together all campus health care and well-being services in one location.



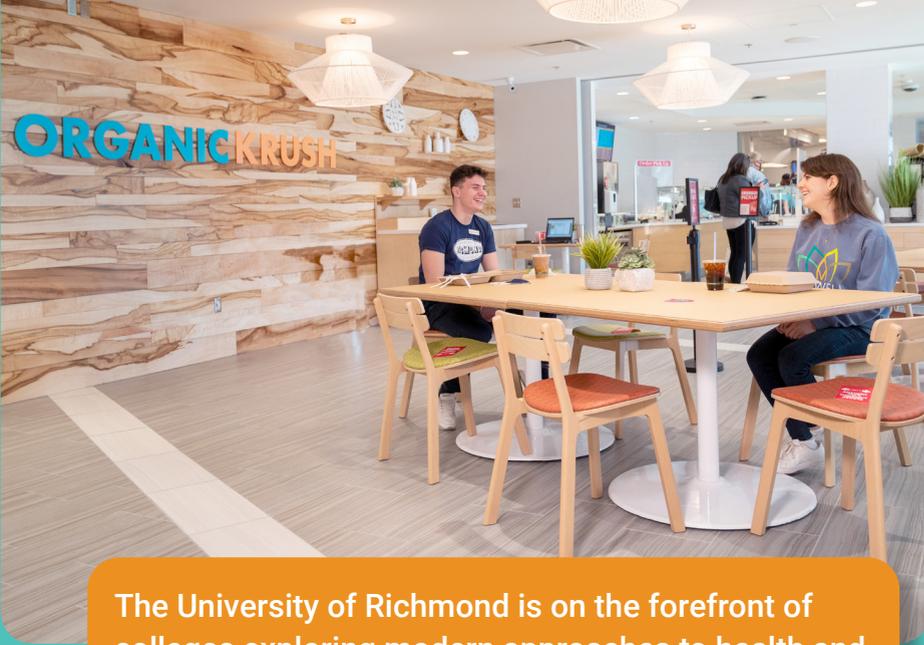
FEATURED AMENITIES

Organic Krush Café
Outdoor Patio with Fire Pit
Demonstration Kitchen
Meditation Garden & Labyrinth
Meditation/Massage Rooms
Salt Therapy Room
Massage Chairs & Sleep Pods
Mind-Body Studio
Peer Education & Advocacy Suite
Self-Care Resource Center

NEW PROGRAMS & SERVICES

Counseling and Psychological Services & Student Health Center Increase in Staff and Clinical Capacity
Registered Dietician
Cooking Demonstrations and Classes
Mental Health First Aid Training
Peer Education/Advocate Council
UR Well Living Learning Community
Center for Awareness, Response, and Education (C.A.R.E.)
YOU@Richmond App
Facility Dog, Emmett





EXERCISE



NUTRITION



SELF CARE



MINDFULNESS



SLEEP

The University of Richmond is on the forefront of colleges exploring modern approaches to health and well-being, taking a holistic and upstream approach to exercise, nutrition, mindfulness, sleep, and self-care. UR Well's program philosophy is based around these five core topics that support students' ability to thrive on campus and beyond.

By practicing good health, we will not only ensure a vibrant University community today but also share the long-term health and well-being of our society.



UR Well represents the University initiative to create a culture of well-being on campus.

The Health and Well-being Unit and our campus community provide a holistic and integrated approach to creating a thriving, collaborative campus culture.

AWARDS AND ACCOMPLISHMENTS

Active Minds Healthy Campus Award 2020

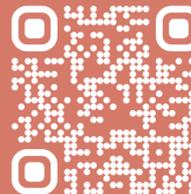
Presented by Active Minds, a leading nonprofit organization that supports mental health awareness and education for young adults

EVERFI Prevention Excellence Award

This is an award meant to highlight schools that are doing some of the best work in violence prevention efforts. University of Richmond distinguished itself across the three domains being evaluated for this award: institutionalization, critical processes, and programming

Gold Level Exercise is Medicine

To be considered a gold level campus, a university must create collaborations between health care and exercise professionals to provide physical activity prescriptions, and direct students and employees to recreational facilities for health and fitness programming



For a virtual tour of the facility, use the camera on your smartphone to scan the QR code or visit bit.ly/urwellbeingcenter.



Barton Malow
BUILDERS

Barton Malow Builders and VMDO were proud partners in the design and construction of this facility.

VMDO