



# 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.**

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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.



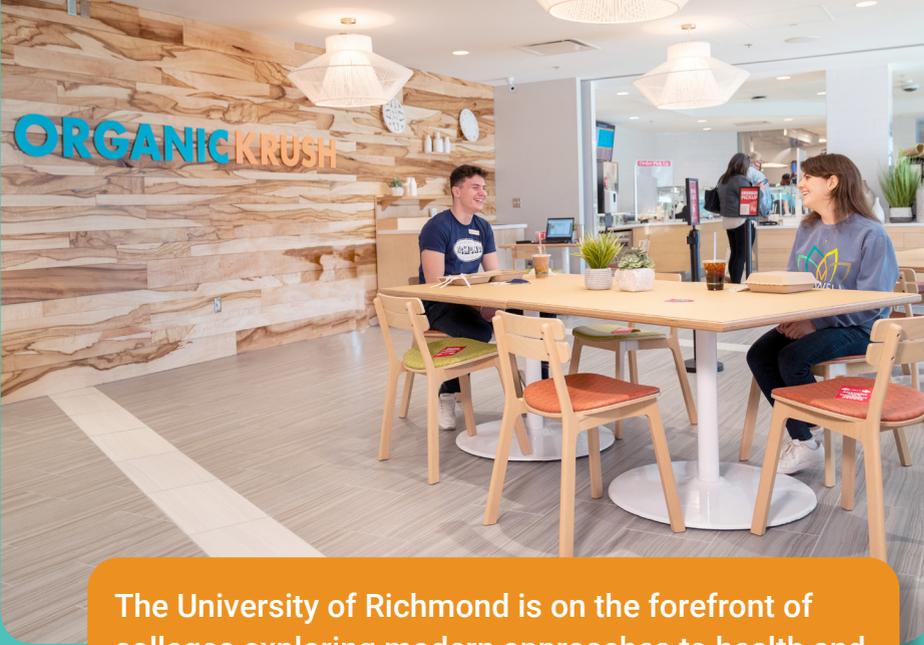
## FEATURED AMENITIES

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**

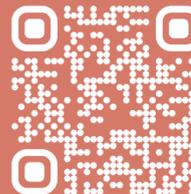
Presented by Active Minds, a leading nonprofit organization that supports mental health awareness and education for young adults

#### **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](https://bit.ly/urwellbeingcenter).



**Barton Malow**  
**BUILDERS**

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

**VMDO**