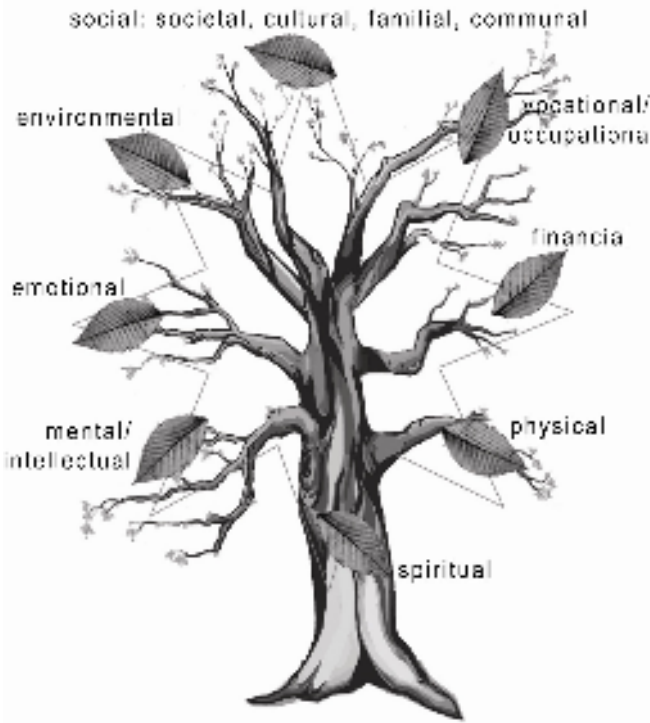


8 Areas of Wellness



*For more info about the
WELLNESS@PURCHASE program
or to get involved please don't
hesitate to contact us.*

Regina Abdou, LMHC, CASAC, CPP
Director of WELLNESS@PURCHASE Program
Office: Campus Center South, room 3005
ext 6665
regina.abdou@purchase.edu

Roey Ficaró, LCSW, CPP
WELLNESS@PURCHASE Counselor,
Office: Campus Center South 3003
ext 6667
roey.ficaró@purchase.edu

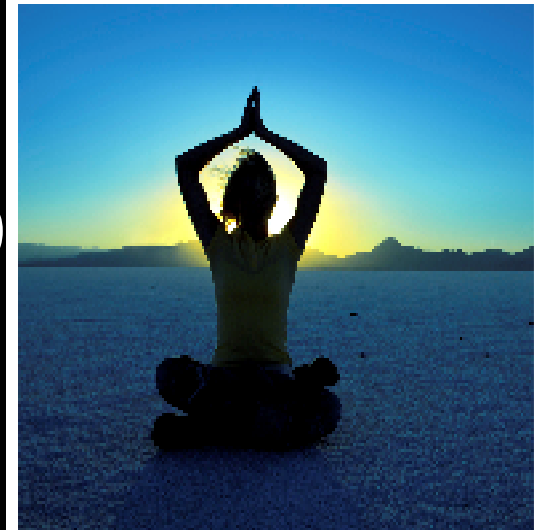
Liz Howard

Wellness Student Advisor

Office: Campus Center South, room 3004
ext 4483

WELLNESS@PURCHASE

LIVE Better



Wellness Center

PURCHASE
COLLEGE
STATE UNIVERSITY OF NEW YORK

Purchase College supports a holistic approach to education and believes in fostering the development of the whole person- intellectually, artistically, professionally, socially, emotionally and spiritually.

WELLNESS@PURCHASE provides services which are central to the overall mission of the college and is a collaboration of many student services and departments. Some of the programs and services we offer are:

- Counseling
- Hypnotherapy for Stress Reduction
- Trauma Counseling
- Substance Abuse individual & group counseling
- Wellness Programs
- Spa Nights
- Yoga Classes
- Meditation
- Massages
- Time Management and Coaching
- Preventing violence against men & women
- Interfaith programs
- Free HIV/AIDS testing
- *Residential and campus wide programming in the following areas of Wellness:*
 - Physical
 - Intellectual
 - Vocational/ Occupational,
 - Financial
 - Emotional
 - Social (relating to Culture, Society, Family, Community),
 - Environmental and Spiritual.

Credit bearing internships in the Wellness Center are available.

LIVE Better. WELLNESS@PURCHASE



Holistic Mindfulness:

A state of being which starts with self awareness in each of the eight areas of wellness and continues into a journey to grow in health and understanding.

LEARN MORE:

www.purchase.edu search

Wellness @ Purchase