

GET INVOLVED

JOIN ONE TODAY!

The Wellness Committee
Activity Groups:

Emotional Wellness: Programs on emotional health, and stress management; Creates events and other efforts to educate the campus community about Mental and Physical health, Alcohol, Tobacco and Other Drug Abuse, Suicide Prevention, Eating Disorders. Host Spa Nights, Rejuvenation Stations and Biomat for Stress Relief.

SPEAK OUT: Creates events and other outreach efforts to educate the campus community about violence against men and women, sexual assault, healthy relationships and sexual health.

Spiritual Wellness /InterSpirituality
The intention is to explore the many paths and dimensions of spirit both in solitude and community. We have a beautiful center for retreat from the busy campus, for meditation or just quiet and reflection.

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,
Office: Campus Center South, third floor
ext 6665
regina.abdou@purchase.edu

Roey Ficaró, LCSW, CPP,
Wellness@Purchase Counselor,
Office: Campus Center South third floor
ext 6667
roey.ficaró@purchase.edu

Wellness Student Interns:

Liz Howard and Michelle Messina x 4483



GETTING INVOLVED

**LIVE
Better**



Wellness @ Purchase

**Wellness Center
CCSouth 3rd floor**

Promoting holistic mindfulness.

Wellness staff are committed to transforming your learning and optimizing your college experience in the following 8 areas of Wellness

1. **Social**
2. **Vocational/ Occupational**
3. **Financial**
4. **Physical**
5. **Spiritual**
6. **Mental/ Intellectual**
7. **Emotional**
8. **Environmental**

LIVE Better.

WELLNESS@PURCHASE

The Purchase College Wellness Committee coordinates the educational and outreach efforts of the WELLNESS@PURCHASE program.

The members of the Wellness Committee include faculty, staff and students from across the campus. Members are representative of the following departments: the student body, the PSGA (Purchase Student Government Association), tStudent Life, Residence Life, Career Development, Chartwells, Health Services, tCounseling Center, Physical Education, Music Department

The Wellness Committee assesses the health and wellness needs of the campus through surveys, focus groups, and other quantifiable measurement tools, in order to create educational outreach opportunities for the students and the campus at large. Meetings are twice a month.

If you are interested in joining the Committee, contact us at Ext. 4483.

Wellness @ Purchase



LEARN MORE:

<http://www.purchase.edu>

From the Home page, search Wellness or call us at Ext 4483.