

**BUSINESS PLAN  
LEAP SOLUTION TEAM  
COUGAR WELLNESS CENTER**

**Mission Statement**

To improve the wellness of the College's students and employees by promoting stress management, exercise, and healthy nutrition. Implemented through open, onsite access to programs in physical fitness, rehabilitation, sound nutrition, and handling stress.

**Solution Team Members**

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**Mentor**

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**Goals and Objectives**

1. Consolidate all current employee and student wellness resources and programs into one location. Initially this will be a website, and eventually lead to a physical location.
2. Develop further employee and student wellness resources to meet the needs of the campus population.
3. Create a center that is staffed so that students and employees in need of immediate assistance can go to get immediate attention.

**Project Description**

The Cougar Wellness Center is a “one stop shop” wellness center for students and staff. Initially the Wellness Center will exist in the form of a website, consolidating all the current health and wellness resources for students and staff that are currently

available on campus. Included in the website is a calendar of events where any activity relating to health and wellness can be conveniently found. Ideally the Wellness Center will evolve into a physical location with a team of people who are qualified to prevent and assist a variety of conditions, or be able to refer to those who need further assistance to a qualified professional.

The difference between the Cougar Wellness Center, and the existing Health and Wellness Center is the Wellness Center will be open to both employees and students, will not be a clinical setting, and will focus on primarily on wellness education to prevent illness in order to promote a healthy, happy campus.

The Health and Wellness Center will be one of the many resources that the Cougar Wellness Center utilizes. Other departments on campus that will be utilized is the counseling department, kinesiology department, and the health science department. In essence, the Cougar Wellness Center is a collaboration of all health and wellness resources on campus into one location of easy access.

## **Services Provided for Students**

### 1. Student Health Center

- Confidential HIV testing (results in one week)
- Blood pressure checks
- Blood glucose and cholesterol screenings
- First aid
- Men's & Women's Clinic
- Mental health counseling
- Nutrition counseling
- Prescription medication
- Referrals to specialists and health agencies
- Self Help Center (non prescription medication)
- TB skin tests
- Treatment of short term illnesses
- Vaccinations \* (May be free if eligible for vaccines for children)

### 2. Kinesiology and Physical Education Department

- Fitness Lab
- Weight Training
- Soccer
- Basketball
- Walking

- Running
  - Aqua Aerobics
  - Golf
  - Tennis
  - Volleyball
  - Intercollegiate Athletics
3. Health Science Courses
- Nutrition
  - Health Education

### **Services Currently Offered for Employees**

1. Athletic Training Room
2. Fitness Center
3. CPR/First Aid Training
4. BMW Challenge
5. Networking Clubs
  - Auto Club
  - Basketball Club
  - Bicycling Club
  - Book Exchange Club
  - Bowling Club
  - Camping Club
  - Dining Club
  - Gardening Club
  - Golf Club
  - Hiking Club
  - Photography Club
  - Recipe Exchange
  - Recycling Club
  - Running Club
  - Tennis Club
  - Theater Club
  - Wine Club

### **Future Services for Students and Employees**

- Employee Access to Health Center
- Employee Access to Nutrition Counseling
- Acupuncture
- Advisory committee
- Alcohol, tobacco, and other drug education prevention

- Department health breaks – wellness staff facilitate 20 minute health topics
- Exercise classes
- FIT stop – fitness assessment
- Fitness walks
- Go Ask Alice on Facebook
- Health screenings
- Helpline info.
- Massage therapy
- Meditation
- Minor injury treatment for employees
- Monthly wellness bulletin
- Newsletter
- Personal trainers
- Stress management
- Student/employee discount program offers for local gyms, weight loss programs, etc.
- Support groups
- Tai Chi Tuesdays
- Therapy dogs during finals
- Weight management
- Wellness coaching
- Wellness library
- Wellness workshops
- Yoga

## **Benefits**

The focus of the Cougar Wellness Center is to create an atmosphere of happy, healthy students and employees. In terms of students, students who have a high state of wellness are more likely to be successful in the classroom, thus more likely to be successful in other areas of their life. Employees who are happy and healthy are going to be more productive, have fewer occupational injuries, and have fewer absent days.

## **Cost**

In the initial stages, the cost of a website is minimal. As the wellness center continues to develop, there will be a significant cost to a physical location as well as staffing a wellness center. Potential sources of funding are Student Health Fees, Student Services, Human Resources, Professional Development, and applying for grants.

## **Challenges**

1. Funding
2. Willingness of independent departments to collaborate in one center.
3. Separating and differentiate employee and student resources.