

Campus Wellbeing Services

Helping employees improve quality of life

Campus Wellbeing Services strives to help employees improve their quality of life. We provide a wide array of life enhancing services. These include:

Life skills classes: Make your wellness goals a reality. Our programs empower people to improve their health habits. We offer classes in weight management, tobacco cessation, chronic disease management and more.

Wellness activities: Practice your healthy habits conveniently at work. Wellness activities include mid-day walks, mini stress breaks and more.

Health challenges: Motivate yourself to improve your wellbeing: Join one of our fun, self-paced health challenges. Participants receive guidelines, materials, tracking tools, encouraging messages and rewards.

Wellness-to-Go: Provide high-quality professional and personal development for your staff. Campus Wellbeing Services will bring wellness programs directly to your unit. A wide variety of topics are available.

Online information: Get practical wellness help when *you* need it. Our website features toolkits, videos, maps, links to campus wellness resources and more.

Special events: Renew yourself: Participate in campus-wide events such as the Great American Smoke-Out, Bike to Work Day, and Faculty Staff Seminar Health Fair.

Employee wellness newsletter: Keep up to date on campus wellness happenings, and receive helpful wellness tips.

Looking for something else? Contact us for a referral. We track area wellness resources. Our event calendar shows wellness programs across campus.

Learn more at <http://go.illinois.edu/campuswellbeingservices>