



## 2019 Wellness Program Map

Campuses	SLA	SLB	SLC	SLM	SLMC	SLQ	SLRA	SLW	SLSH	SLP	SLGH	Community
<b>Health Coaching</b>												
1:1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Spouses
Group In Services	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Nutrition</b>												
CSA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Salad Bar Price Reduction	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Plant Based Cooking		✓	✓									
<b>Physical Activity</b>												
Fitness Centers	West End ✓	Commerce Way ✓	✓	PT Centers ✓	Affiliated Center ✓	Affiliated Center ✓	✓	✓				✓
Walking Routes	✓	✓	✓	✓	✓	✓	✓	✓			✓	
<b>Weight Management</b>												
WW (Weight Watchers)	✓						✓					✓
<b>Emotional Health and Wellbeing</b>												
Massage	✓	✓	✓		✓	✓	✓					Spouses
SilverCloud	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Spouses
EAP	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Family
<b>Tobacco Cessation</b>												
1:1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Family