UCI Student Wellness & Health Promotion

OUR TOPICS

Alcohol & Other Drugs | Emotional Well-being
Sexual & Relationship Health | Nutrition | Wellness

OUR MISSION:

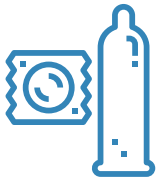
The Center for Student Wellness and Health promotion empowers students to make informed decisions that support their individual health, as well as a healthy campus environment, in order to uphold the academic mission of the University.

FREE PROGRAMS & SERVICES

- Health and Wellness Workshops
- One-on-one confidential consultations with a health educator
- Free Condoms, Dental Dams & Lubricants
- Workshops catered to your group/class
- Wellness Room
- Lactation Room
- Referrals to on/off campus partners

STUDENT OPPORTUNITIES

- Peer Health Education Program
- Approved site for internship Program in Public Health & School of Social Ecology
- Event Volunteering



CONDOM CO-OP

The Center for Student Wellness & Health Promotion offers condoms ***FREE*** of charge. Students will be allowed to select up to 5 free condom co-op items (male external condoms, dental dams, or female internal condoms) per day.

WELLNESS ROOM

A peaceful space designed to help students relax and be mindful in order to reduce stress. The Wellness Room includes massage chairs, yoga mats & meditation pillows, memory foam bean bags, tea station, self-guided wellness & mindfullness exercises, and other fun activities.

studentwellness.uci.edu
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