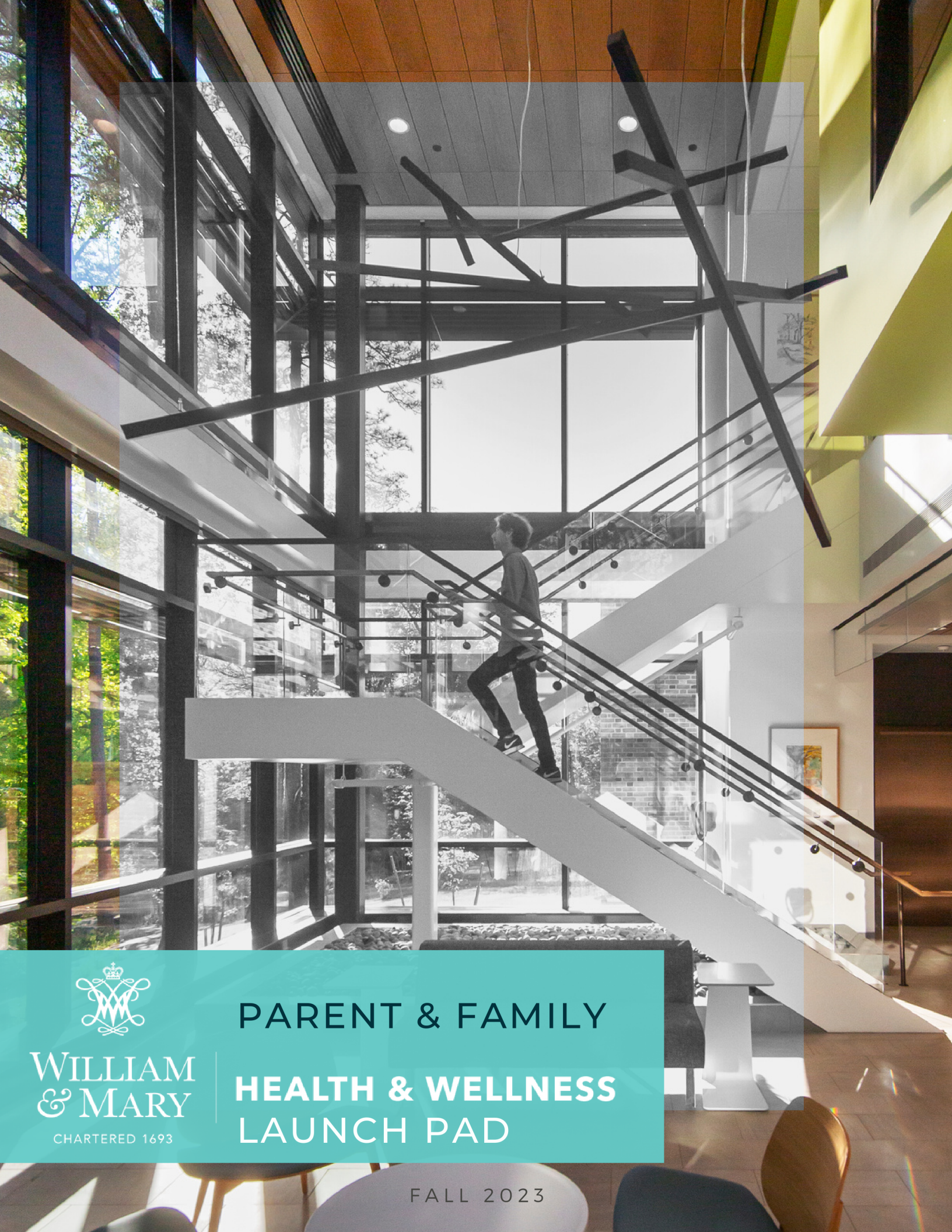


WILLIAM & MARY
CHARTERED 1693

PARENT & FAMILY

HEALTH & WELLNESS LAUNCH PAD

FALL 2023

ABOUT
HEALTH & WELLNESS AT W&M

OPTIMIZING THE WELLBEING OF OUR W&M COMMUNITY

AN INTEGRATIVE APPROACH

Students have multiple portals of entry to manage stress & distress with services that span the continuum of:

PREVENTION | HEALTH PROMOTION | INTERVENTION

TWO FACILITIES

The **Bee McLeod Recreation Center** & **McLeod Tyler Wellness Center** provide students access to resources that meet their wellness needs. Whether they are sick, well, or want to learn what wellness means to them, our diverse resources are prevention-focused with clinical support to effectively manage crises.



Bee McLeod Recreation Center
400 Brooks St.
Williamsburg, VA 23187



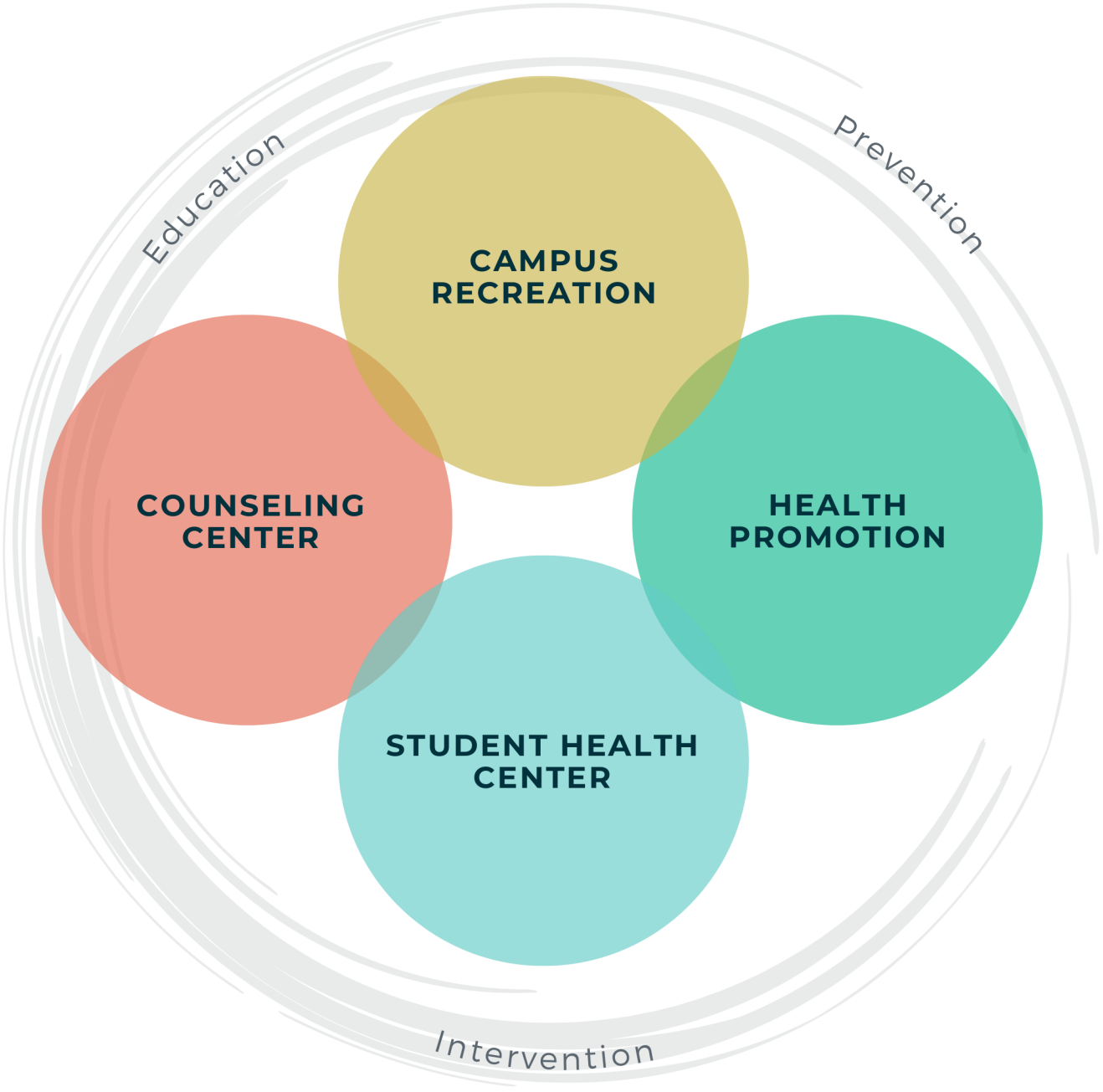
McLeod Tyler Wellness Center
240 Gooch Dr.
Williamsburg, VA 23187

OUR FOUR DEPARTMENTS

INTEGRATING MULTIPLE DISCIPLINES & PROFESSIONALS

CAMPUS REC | OFFICE OF HEALTH PROMOTION | COUNSELING CENTER | STUDENT HEALTH CENTER

WE PROMOTE | Flourishing & Resilience through education, service, and support



OUR RESOURCES

INTEGRATING MULTIPLE DISCIPLINES & PROFESSIONALS

CAMPUS REC | OFFICE OF HEALTH PROMOTION | COUNSELING CENTER | STUDENT HEALTH CENTER



WELLNESS YOUR WAY

MOBILE APP

DOWNLOAD IN THE APP STORE OR PLAY STORE

CAMPUS RECREATION

Recreation to foster a lifelong appreciation for health, wellness and play

wm.edu/rec

Fitness & Wellness
- Personal Training
- FitWell Classes & Series
- Fitness, Training, Yoga Teacher Training

Intramurals
- On-campus competitive sport

Equipment Rental
- Camping & Outdoor
- Daily rental, Sport & Lawn Game

Rec Center
- Full Facility & Amenity access

Sport Club
- Student-led
- On & Off-campus competition

Tribe Adventure
- Off-campus outdoor recreation
- Climbing Wall & Belay Training
- Lake Matoaka Boathouse

Aquatics & Safety
- Pool access & CPR Training

Athletic Training
- Injury evaluation & treatment

OUR RESOURCES

INTEGRATING MULTIPLE DISCIPLINES & PROFESSIONALS

CAMPUS REC | OFFICE OF HEALTH PROMOTION | COUNSELING CENTER | STUDENT HEALTH CENTER

HEALTH PROMOTION

Promoting a culture of healthy behavior through evidence-informed prevention efforts.
wm.edu/ohp

- **SafeColleges**
- **Self-Care Over Soothing**
- **Workshops & Training**
  - **Sexual Assault Prevention**
  - **Health Coaching**
  - **Center for Mindfulness & Authentic Excellence**

COUNSELING CENTER

Mental health services for students who want help with personal concerns.
wm.edu/counselingcenter

- **Individual**
- **Couples & Family Counseling**
- **Supportive Workshops**
  - Chronic Illness
  - Trans Support
- **TimelyCare**: 24/7 Virtual Counseling
- **Group Counseling**
  - ADD/ADHD
  - Anxiety
  - Body Image & Eating Concerns
- **Online Self-Assessment**

STUDENT HEALTH CENTER

Provides a full range of primary care services for acute and chronic physical, mental, and social health issues.
wm.edu/wellness/healthcenter

- **Urgent Care Needs**
- **Allergy Injections**
- **Disordered Eating**
- **Men's Health**
- **Women's Health**
  - GYN Exams