Discover your optimal state of wellness….

Call (607) 255-5133 for more information

Cornell University Wellness Program
305 Helen Newman Hall
Ithaca, NY 14853
Phone: (607) 255-5133
Fax: (607) 254-2755
email: wellness@cornell.edu
web: wellness.cornell.edu

For all staff, faculty, retirees, and their spouses/partners
Welcome to Cornell Wellness

Proudly serving all staff, faculty, retirees, and their spouses/partners in the areas of fitness, nutrition, general health and wellbeing

For Individuals

Free Wellness Consultations

- Fitness consultations
- Nutrition consultations
- Life coaching consultations

Lectures, Workshops & Demos

- Mindfulness meditation
- Exercise while travelling
- Self-management in times of increased stress
- Building strong bones
- Seasonal produce cooking demo

Tobacco Cessation Programming

- Small group work
- Individual meetings

Know Your Numbers

- On-site blood pressure checks
- Talk to a wellness expert about your cholesterol, blood sugar, body weight, BMI, DEXA scan results and more

For Departments

- Ask Us about department specific lectures, workshops & demos such as Wellness beyond the fitness centers, De-stress desk stretches, Creating a culture of wellbeing, Tips and Tricks for taking healthy breaks at work, Knife skills interactive cooking demo
- Form a wellness committee within your work unit/department
- Create on-site fitness opportunities
- Support for locations outside the Ithaca, NY area
- Flexible work arrangements can be requested for wellbeing needs

How do I access the pools, group fitness classes, and fitness centers?

Purchase a Recreation Membership:

- Fill out the online Recreation Membership application or print it from the Cornell Wellness website (wellness.cornell.edu) and mail, fax, or email it to us
- Visit 305 Helen Newman Hall between 8:00am-noon or 1:00pm-4:00pm, Monday through Friday to pick up a Recreation Membership application

*Additional perks available with your Recreation Membership include discounts at Cornell’s golf course, tennis center, sailing center, climbing wall, ice rink, and much more. See website.

Affordable Pricing:

- A 1-year Recreation Membership costs $175. Fee is pro-rated based on fiscal year
- We also offer 4-month Recreation Membership and Group Fitness Only Membership
- Need-based scholarship applications available by request