

**Discover
your optimal
state of
wellness....**

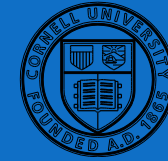


**Call (607) 255-5133
for more information**

**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**



Cornell University

Cornell Wellness

Welcome Brochure



**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