



Wellness Program

For Staff and
Academic Employees

What is Wellness?

It is a lifestyle. A way of living that encourages good physical and mental health. It is a balanced lifestyle that includes an emphasis on the body, mind and spirit.

7 Dimensions of Wellness:

Emotional

Environmental

Intellectual

Occupational

Physical

Social

Spiritual

UCR Wellness Program: Vision-

To have a campus community engaged in personal wellness and a vibrant, healthy, balanced lifestyle.

Mission—To provide integrated programs and resources that promotes quality of life and fosters a culture of health and wellness.

LIVE FIT | LIVE WELL

The UCR Wellness Program for Academic and Staff is a collaborative partnership with Environmental Health and Safety, Human Resources, and Recreation.

Please visit our website at www.wellness.ucr.edu for more details and to sign up to be included on our listserv!

Wellness Programs:

- Wellness Information
- Health Assessment
- Health Screenings
- 1:1 Consultations
- Educational Sessions
- Behavior Change Programs
- Wellness Challenges
- Walking Fit
- Mobile Fit
- And More...

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