RIDER UNIVERSITY

Caring

for mind and body

Supporting the health and wellness of our Broncs

Mind

Counseling Center

ZOERNER HOUSE

- **Free confidential mental health services for students**
- **Services include:**
  - » Personal and group counseling and psychoeducation; one-on-one professional evaluations; referrals; crisis counseling
  - » Counseling related to stress, anxiety, depression, grief, relationships, academic struggles, drug and alcohol use
- **Outreach services include:**
  - » Pet therapy
  - » Wellness screenings
  - » Suicide prevention
- **Telecounseling appointments available during COVID-19**
- **Therapy dog sessions and other wellness sessions offered throughout the semester**

Body

Health Center

POYDA HALL

- **Free consultations**
- **Services include:**
  - » Care for minor illnesses and injuries (sore throat, cough, allergies, injuries)
  - » Sexual and reproductive health (birth control, STI screening, breast and pelvic exams)
  - » Physicals
  - » Vaccinations and flu shots
  - » TB testing and other lab services
- **Fill prescriptions on campus or call-in to local pharmacies**
- **Student health insurance available**
- **Telehealth available for students during COVID-19**
- **Local medical facilities (3 local hospitals within 10 miles from campus)**
  - » Capital Health Medical Center — Hopewell Township
  - » Capital Health Regional Medical Center — Trenton
  - » University Medical Center of Princeton — Plainsboro
  - » Plus six urgent care facilities within 15 miles of campus

Student Recreation Center

AND RICHARD A. COPPOLA POOL

- **Facilities**
  - » 3,600 square-foot fitness room with cardiovascular and strength training equipment
  - » Group exercise studio
  - » Three multi-purpose courts for basketball, tennis, and volleyball
  - » Three-lane elevated track
  - » Game room with two pool tables, two ping pong tables and two video game stations for Xbox, Wii and PlayStation gaming systems
  - » Richard A. Coppola Pool — swimming lanes and diving stations available for student use during recreation hours
  - » Men's and Women's locker rooms

- **Group classes**
  - » Yoga, Zumba, Cycle, Core & Conditioning, Insanity, Mind & Body Pop, Yogalates
- **Personal training**
  - » Certified Personal Training Courses available (for cost)
- **Fitness programming: Fitness Fridays**
  - » Topics include nutrition, fitness and wellness information
  - » Games, prizes and giveaways each month
  - » Partnership with Gourmet Dining

THE STUDENT RECREATION CENTER AND RICHARD A. COPPOLA POOL ARE

free to students

Just complete the membership form!