



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)

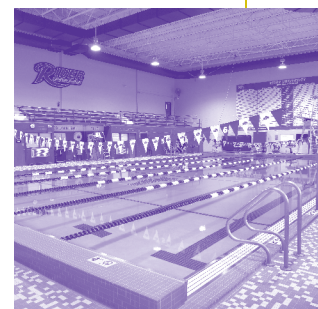
- » Capital Health Medical Center — Hopewell Township
- » Capital Health Regional Medical Center — Trenton
- » University Medical Center of Princeton — Plainsboro
- » Plus six urgent care facilities within 15 miles of campus

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!