How healthy is our campus?

Physical Health  Mental Health  Fitness

A green light to greatness.
On behalf of the Division of Student Affairs and the departments representing the health and wellness arm of the University of North Texas (Recreational Sports, Counseling & Testing, Student Health & Wellness Center), I am excited to present the inaugural edition of the UNT Healthy Campus booklet.

The purpose of this booklet is to:

• Emphasize campus resources, programs and campaigns aimed at improving student success and overall wellbeing.
• Provide a snapshot of the state of student health and wellness at the University of North Texas.
• Familiarize the campus with the Seven Dimensions of Wellness which serve as the pillars of our Wellness Initiatives.
• Initiate a call to action to address campus health and student success.

It is our sincere hope that you find the information to be informative and our strategies for student success to be useful. Please feel free to contact me with any questions or suggestions for improvement of campus wellbeing. My e-mail address is wellness@unt.edu.
RECREATIONAL SPORTS
and the Pohl Recreation Center

Located inside of the Pohl Recreation Center
1900 Chestnut St.  Denton, Texas  76203
940.565.2275  940.369.8347
www.unt.edu/recsports
Recreational Sports (located inside of the Pohl Rec Center) provides activities that appeal to a wide range of interests. These include specialty fitness programs, a variety of intramural leagues and individual events, specialized sport clubs, outdoor trips and clinics, aquatics opportunities, and more. The Rec Center is open to all students taking classes on campus with their student ID and has a goal of making sure that every student feels comfortable using the facility.

The Rec Center includes:
- 14,500 sq. foot Weight Room & Cardio Area
- 1/8 Mile Indoor Track
- 4 Multipurpose Courts
- Indoor Soccer Gym
- Group Exercise Classes
- Specialty Fitness Classes
- Personal Training
- 8-Lane Lap Pool
- Leisure Pool & Spa
- Swim Lessons for Adults & Children
- 45 foot tall Climbing Wall
- Separate Bouldering Wall
- Outdoor Pursuits Center
- Outdoor Adventure Trips & Clinics
- Outdoor Equipment Rental
- PEB Racquetball
- Sport Clubs
- Intramural Sports
STUDENT HEALTH & WELLNESS CENTER

and the Meadows Center

Located inside of Chestnut Hall on the Second Floor

1800 Chestnut St.  Denton, Texas  76203
940.565.2333 (Appointments)  940.565.2790 (Pharmacy)
healthcenter.unt.edu
askSHWC@unt.edu
The Student Health and Wellness Center (SHWC) provides medical services to enrolled students who have paid the Medical Service Fee through their tuition. The SHWC also offers a student health insurance plan to help cover any costs not included in the tuition fee. The clinic, located on the second floor of Chestnut Hall, provides primary care services, including diagnosis and treatment for acute issues and monitoring of chronic conditions. The full-service pharmacy, located on the first floor, can fill both in-house and outside prescriptions.

Other SHWC services include:
- Psychiatric Care
- Women’s Care
- Annual Physicals
- Travel Clinic (Consultation and Immunizations for traveling abroad)
- Full-Service Clinical Laboratory
  - Monthly Lab Specials Offered - Provides discounted pricing for specific lab tests
- Digital X-Rays
- Allergy Injections and Immunizations, Including Bacterial Meningitis
- Flu Shot Clinics

Meadows Center Health Resources:
- Massage Therapy
- Condom Club - Free condoms for students who have watched a demonstration on proper condom use
- Mean Green Screen - Free HIV screening provided throughout the year by UPrevent of Tarrant County
- Health Education Programs
- Peer Education Program
COUNSELING & TESTING SERVICES

Located inside of Chestnut Hall, Room #311
1800 Chestnut St.  Denton, Texas  76203
940.565.2741
counselingandtesting.unt.edu
Counseling and Testing Services (CTS) at the University of North Texas provides support for students from their first semester to their last. Whether helping prospective students satisfy admittance requirements as they begin on the pathway to higher education, providing a helping hand during a time of emotional need or preparing students for the road ahead, CTS is with the students every step of their academic journey.

Counseling and Testing Services provides a wide range of professional and confidential services in order to help students navigate the emotional landscape of higher education.

- Personal Therapy
- Career Counseling
- Crisis Support
- Group Therapy
- Animal Assisted Therapy
- Outreach, Educational Information and Consultation

Testing is an integral part of the university experience, and UNT’s Counseling and Testing Services features two dedicated facilities to allow students to satisfy their testing needs. The types of exams offered include:

- Computer Based Testing:
  - GRE General, TOEFL ibt, TeXES/ExCET Exam,
  - CLEP, Accuplacer, Distance Learning, Praxis I & II
- Paper and Pencil Tests:
  - Career Interest Inventories, GED, SAT, ACT,
  - GRE subject, ISAT, Proctored Distance Testing
ATHLETICS

To experience the spirit of the Mean Green, meet other students, and enjoy game-day rituals, we encourage you to participate in athletic events at UNT.

940.565.2527
www.MeanGreenSports.com

CARE TEAM

The CARE Team assists in protecting the health, safety, and welfare of students whose behavior is disruptive to themselves or to the educational environment. For more information or to report a student in distress, please contact the CARE Team.

940.565.4373
studentaffairs.unt.edu/care
careteam@unt.edu

CAREER CENTER

Serving all UNT students and alumni, the Career Center provides a full range of services including expert advice on resume and cover letter writing, interviewing and job search skills, career fairs, self-assessments, and presentations for academic departments.

Chestnut Hall Suite 103
940.565.2105
careercenter.unt.edu

CENTER FOR LEADERSHIP & SERVICE

The Center for Leadership and Service engages developing student leaders through Alternative Spring Break, Adopt-a-Block, LeaderShape® Institute, Emerging Leader Summit, Big Event, and Make a Difference Day programs.

940.565.3021
leadandserve.unt.edu

COUNSELING & HUMAN DEVELOPMENT CENTER (CHDC)

The CHDC offers individual counseling for adult and adolescent clients and play or activity therapy for children ages three years and older. Counseling for couples and families is also available.

Stovall Hall Room 126
940.565.2970
coc.unt.edu/counseling-and-human-development-center

DINING SERVICES

The award-winning Dining Services at UNT provide a variety of nourishing food options available via residence hall dining or at convenient retail locations.

dining.unt.edu/index.html

EAGLE ALERT

Eagle Alert allows students to receive emergency notifications which can include severe weather notifications, campus closings, or health and public safety events. Messages not only notify you about the situation but also let you know what kind of action you need to take.

unt.edu/eaglealert

GLBTQ RESOURCES

UNT is committed to providing a culturally diverse and mutually respectful environment where every member can feel safe, respected, and accepted.

The Ally Program is designed to create an environment free of discrimination and harassment for the gay, lesbian, bisexual, transgender community on campus.

ally.unt.edu/content/resources

GOOLSBY CHAPEL

Offering a peaceful place to pray, meditate, or reflect throughout the week from 9am to sunset during the fall and spring terms, the chapel is also available for private rental.

940.565.3998
GoolsbyChapel@ad.unt.edu

The Office of Spirituality can be reached at: 940.565.3288

LEARNING CENTER

The Learning Center offers a variety of academic resources to aid student success: online tutoring, the Study Skills Lab, Speed Reading, Supplemental Instruction, Volunteer Tutor Program, Learning 101, Connecting for Success, Academic Success Program, and the Academic Resource Library.

Sage Hall Room 315
940.369.7006
learningcenter.unt.edu

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CAMPUS RESOURCES

Scan here for a comprehensive list of campus resources.

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Sage Hall Room 315
940.369.7006
learningcenter.unt.edu
**LEGAL SERVICES**

Student Legal Services provides UNT students with legal advice, assistance, representation and education. The services of this office are 100% free to enrolled students.

940.565.2614
studentlegal.unt.edu

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**MULTICULTURAL CENTER**

The UNT Multicultural Center allows community members to experience the cultural wealth of the University while also offering the following services:

- Free Printing/Copying/Faxing Services, Computer Usage, and Conference room usage for meetings and/or study groups
- Ethnic Studies Library
- Cultural Programming, Diversity, and Ally Training

940.565.3424
edo.unt.edu/content/multicultural-center

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**OFFICE OF DISABILITY ACCOMMODATION (ODA)**

The ODA helps students learn more about their disabilities, develop techniques to accommodate individual learning styles, learn how to talk to faculty and staff about accommodation needs, and develop strategies to achieve goals. Services include but are not limited to:

- Reduced Distraction Testing Rooms
- Assistive technology
- Adaptive furniture
- Alternative text conversion
- Sign Language Interpreters
- Disability related counseling and advising

Sage Hall Suite 167
940.565.4323
disability.unt.edu

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**POLICE**

In addition to ensuring the safety and security of the UNT campus, the university police department administers free programs to support wellbeing through the following presentations available to students, staff, and faculty: General Self Defense, Alcohol & Drug Awareness, Protocol for Handling Disruptive Individualism Campus Safety & Personal Awareness, & Protecting Your Good Name: ID Theft.

940.565.3000 (non-emergency)
unt.edu/police/index.html

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**PSYCHOLOGY CLINIC**

The Psychology Clinic, open to students and to the community, provides clients with professional, confidential psychological services. Some of the services provided include: Stress Appraisal and Coping Skills, Lifestyle Management Skills, Cognitive and Behavioral Therapy, & Support Groups.

Terrill Hall, Room 171
940.565.2631
psychology.unt.edu/clinic

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**STUDENT ACTIVITIES & ORGANIZATIONS**

Student Activities wants to maximize the collegiate experience for UNT students by encouraging involvement in events, student organizations, and school traditions. With over 350 student organizations to choose from and a variety of activities, there are always opportunities to get involved, meet new people, develop leadership skills, and promote your interests and social development.

940.565.3807
studentactivities.unt.edu/about-us

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**SUBSTANCE ABUSE RESOURCE CENTER (SARC)**

The SARC provides a variety of services to the campus community through education regarding alcohol and drug use. Services include: Individual and Group Education, University Assessment of Alcohol/Drug Norms, AlcoholEdu.

940.565.2787
sarc@unt.edu
sarc.unt.edu

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**STUDENT MONEY MANAGEMENT CENTER**

The Student Money Management Center provides free personal financial and money management education to students. Other services include: Learning How to Establish and Manage Credit, Creating a Financial Survival Plan for College and Beyond, Planning for Tuition and Fee Payments, Researching Housing Options, Analyzing Job Offers and Benefits Packages.

Chestnut Hall, Room 313
940.369.7761
moneymanagement.unt.edu

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**VETERANS CENTER**

The UNT Veterans Center serves as a safe place to help student veterans navigate the university for academic success.

940.369.8021
veteranscenter@unt.edu
veteranscenter.unt.edu

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**WOMEN’S CENTER**

The Women’s Center provides programs to help students, faculty, and staff explore issues relevant to women in today’s society. It is a safe and supportive environment open to everyone in the UNT community.

940.369.7262
edo.unt.edu/content/womens-center
The Core Alcohol and Drug Survey was developed to measure alcohol and other drug usage, attitudes and perceptions among college students at two and four-year institutions. Development of this survey was funded by the U.S. Department of Education.

Source: CORE Study Longitudinal Changes IER 2013

57.4% of UNT students said they refused an offer of alcohol or other drugs

77.3% said that their friends would disapprove if they smoked marijuana regularly

77.5% said they consumed alcohol in the past year (81.8% is the national avg.)
- 35% of them did so on campus
- 68% of them were off campus

78.8% were aware of campus alcohol and drug policies

17.4% reported using tobacco within the last 30 days (24.3% national avg.)

12.9% reported using marijuana within the last 30 days (17.9% national avg.)

Average Number of Drinks per Week

<table>
<thead>
<tr>
<th>National Avg.</th>
<th>'07</th>
<th>'10</th>
<th>'13</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNT Avg.</td>
<td>4.7</td>
<td>2.7</td>
<td>2.3</td>
</tr>
</tbody>
</table>
Students at UNT have a variety of resources available to them on campus to help meet their mental health needs. Student Health and Wellness and Counseling and Testing Services offer individualized mental health services to students. These include a psychiatric/psychological consultation, assessment, individual/group counseling, medication management, and workshops/prevention services.

Did you know...
- 54% of counseling clients said that their issue significantly impacted their personal life and academic performance.
- Mindfulness based meditation was the most popular group session at Counseling & Testing.
- Counseling & Testing offers different suicide awareness trainings for Students, Faculty, and Staff.

6,440 counseling sessions and 541 group sessions were attended by students in the past year.

over 2,100 visits to the Student Health & Wellness Center for emotional health concerns last year.
Healthy food options are available all over campus. **Low-Calorie, low-carb, low-sodium, nutrient rich and vegan options are available in retail locations and the dining halls.**

Mean Greens Is The Nation’s **First 100% Vegan Dining Hall.**

Food in the cafeterias are **mainly made from scratch.** This eliminates many of the preservatives in pre-prepared food, and makes for better tasting food.

Once renovations are complete, Clark Hall will be a central bakery, allowing baked goods to be produced on campus. This means food will be **fresher, and have less preservatives.**

This fall, every cafeteria will be trayless. This curbs the tendency to pile a bunch of food on trays, and **helps control portion size and waste.**
**Physiological Health**

**Individual Students**

15,471

Which includes

52% of full time students

83% of res hall students

80% of first-time-in-college students

73% of all freshmen

**Fall 2012 Rec Center Users**

The rec center had:

- A higher percentage of African American, Hispanic, Asian American and Non-Resident student users than UNT enrollment.
- Forty-nine percent of all students that live in the City of Denton use the Rec Center at least one time.
- Over one quarter of all Masters students & Doctoral students use the Rec Center at least one time.

**How do students that used the Pohl Rec Center during Fall 2012 compare with the overall UNT population?**

**CGPA of Rec Center Users vs. Non-Users**

Across all undergraduate classification levels, the GPA of Rec Center Users was higher than Non-Users.
There are many sexual health resources available at UNT that are appropriate for diverse audiences of all genders and sexual orientations. The sexual health programs are lively, interactive and creative. This information is available to help reduce students' risks of STI's, HIV, unplanned pregnancy and sexual assault. Sexual health services include routine physical exams, women's care exams & education, birth control, monthly free HIV testing, and discounted STD testing offered various times throughout the year.

All information is based on a May 2013 Core Alcohol & Drug Survey.

Healthy Empowered and Real (HER)
Monthly program intended to facilitate a discussion about sexual health issues among college women in order to increase their knowledge and practice of safer sex. HER creates a non-threatening, non-judgmental atmosphere in which participants can learn, engage in interactive activities, evaluate hypothetical scenarios and contribute to the discussion to ultimately become more sexually healthy. Participants need not be currently sexually active to benefit from HER.

Healthy Informed Men (HIM)
Monthly program intended to provide up-to-date, clear information that helps college men better understand their sexual and reproductive health. Topics range from jock itch, all about condoms, consent, sexual assault, books-beer and sex, to prostate and testicular cancer information. Participants need not be currently sexually active to benefit from HIM.

LGBTQ Safer Sex
Is a program for general audiences, designed primarily to reduce homophobia and increase understanding of LGBTQ people and issues. This fun, lively program takes a friendly, funny, accessible approach, incorporating video clips, personal stories, engaging exercises, and a generous dose of humor and plenty of time for anonymous Q & A to educate about the health topics associated with all things LGBTQ. We emphasize the importance that individuals make sexual decisions that are right for them. The goal is to increase student awareness, comfort, and sensitivity to LGBTQ issues.
UNT is now a Smoke Free Campus. This is in an effort to minimize the dangers of secondhand smoke and to protect the health and welfare of the UNT community. During April 2012, a campus survey found that more than 70% of those surveyed were in favor of a smoke-free environment at UNT. The statistics below compare the UNT average versus the National (NAT) average. The frequency of smoking and number of smokers has decreased.

**ANNUAL PREVALENCE FOR TOBACCO USE**

<table>
<thead>
<tr>
<th>Year</th>
<th>UNT</th>
<th>NAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>42.1%</td>
<td>40.9%</td>
</tr>
<tr>
<td>2010</td>
<td>30.7%</td>
<td>38.6%</td>
</tr>
<tr>
<td>2013</td>
<td>28.4%</td>
<td>36.0%</td>
</tr>
</tbody>
</table>

**30-DAY PREVALENCE**

<table>
<thead>
<tr>
<th>Year</th>
<th>UNT</th>
<th>NAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>30.3%</td>
<td>29.0%</td>
</tr>
<tr>
<td>2010</td>
<td>20.4%</td>
<td>26.3%</td>
</tr>
<tr>
<td>2013</td>
<td>17.4%</td>
<td>24.3%</td>
</tr>
</tbody>
</table>

**THREE TIMES PER WEEK**

<table>
<thead>
<tr>
<th>Year</th>
<th>UNT</th>
<th>NAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>18.9%</td>
<td>17%</td>
</tr>
<tr>
<td>2010</td>
<td>11.7%</td>
<td>14.8%</td>
</tr>
<tr>
<td>2013</td>
<td>10%</td>
<td>12.1%</td>
</tr>
</tbody>
</table>

The safety and security of all members of the University community are of paramount concern to the University of North Texas. UNT consistently strives to be among the safest large college campuses in Texas, and works to achieve this by developing a partnership with students, administrators, faculty, and staff.

**SAFETY**

The number of Reported Burglaries Decreased from 2010 to 2011.

**Did you know...**

That the UNT Police Department offers Late Night Transportation Service and Motorist Assistance? Call 940-565-3014 to request an escort.

There are Emergency Phones at strategic locations on campus? Once the Emergency Button is pushed, the location of the call is automatically identified and the caller is connected to the UNT Police Department.

MOST ARRESTS WERE MADE FOR LIQUOR LAW & DRUG RELATED VIOLATIONS DURING 2011 (MOST RECENT DATA AVAILABLE) FOR CAMPUS CRIME STATISTICS, VIST: WWW.UNT.EDU/POLICE/INDEX.HTML
A CALL TO ACTION
Goals for Health & Wellness at UNT

Address the most critical needs of students as revealed by assessment data, trends, and local or national data.

Coordinate programs presented by student affairs departments.

Collaborate across university units.

Increase knowledge of health related risk factors and healthy behavior.
passport to WELLNESS

Earn prizes for attending events! At each event, scan the QR code and enter the event code, or visit studentwellness.unt.edu/passport to log the events that you attend. It’s that easy! Collect one stamp for each event you attend, and once you have collected enough stamps, you can redeem them for great prizes!

CHESTNUT HALL OPEN HOUSE
All departments in Chestnut Hall will provide games and activities to introduce services and programs to new students during First Flight Week.
August 27, 1-3pm
Chestnut Hall Rotunda
Free

REC EXTRAVAGANZA
Students can enjoy live music, receive FREE T-shirts, Food, Drinks, and Prizes during the Rec Extravaganza. This is a great opportunity to visit the Rec Center and see all of the special programs, intramural sports and sport clubs for the upcoming year!
August 28, 6:30-9pm
Pohl Recreation Center
Free

LAB SPECIAL WEEK
Discounted testing for routine conditions such as anemia, high blood sugars, high cholesterol, thyroid functioning, and risk coronary heart disease.
8am-1pm
September 3-6
September 23-27
October 14-18
November 4-8
December 2-6
Chestnut Hall 2nd Floor
Various Costs

MEAN GREEN SCREEN
Free HIV mouth-swab testing provided local partner U-prevent.
9am-2pm
September 5
October 3
October 17
November 7
November 21
Chestnut Hall 301
FREE

FIRST FRIDAYS STRESS MANAGEMENT
Come relax with Meadows Center for Health Resources, Counseling and Testing Services and Pohl Rec Center.
12-2pm
September 6
October 4
November 8
Location is TBD
FREE

SUICIDE AWARENESS WEEK MOVIE: A REASON TO LIVE
Watch this movie followed by a guided discussion with Drs. Pamela Flint and Martin Gieda.
September 9, 2-4pm
Chestnut Hall 324A
Free (limited to first 50 people)
PASSPORT TO WELLNESS

BOOT CAMP
This early morning bootcamp program is a complete body workout combining high intensity, total body conditioning, and speed & agility training led by our certified personal trainers. This program is great for improving cardiovascular endurance and muscular strength. All fitness levels welcome.
Mon/Wed/Fri, 6:30-7:30am
Session I: September 9-October 4
Session II: October 7-November 1
Pohl Rec Center
$45 per session

QUESTION, PERSUADE, REFER (QPR)
SUICIDE AWARENESS TRAINING
This training will help you recognize and react to signs that someone may be giving if they are contemplating suicide.
September 10, 2-4pm
Chestnut Hall 324A
Free

MEAN GREEN NIGHT SCREEN
Free HIV mouth-swab testing provided local partner U-prevent.
September 19, 3-7pm
Chestnut Hall 301
Free

HEALTHY, EMPOWERED, & REAL (HER)
Women's sexual health program with games & activities.
7-10pm
September 17
October 15
November 19
Chestnut Hall 324
Free

KETTLEBELL
This kettlebell program is one of the most popular ways to improve balance, strength, power, flexibility and endurance. This class will help you quickly get in shape. Kettlebell is challenging, efficient and you only need one piece of equipment! All fitness levels welcome.
Mon/Wed/Fri, 6:45-7:45am
Session I: September 9-October 4
Session II: October 7-November 1
Pohl Rec Center
$45 per session

WEEKEND CANOE CAMPING
BRAZOS RIVER, TEXAS
Float along the same historic river the conquistadors explored and the Comanche Indians used to hide from the US Cavalry. This two day trip will show you 20 miles of the "Mississippi of Texas!"
September 21-22 (register September 2-16)
Sign up in the Outdoor Pursuits Center
$65

INTRAMURAL FLAG FOOTBALL
Season begins September 16
Register August 29-September 10
Sign up at the Pohl Rec Center
$45 per team
Don't have a team? Visit facebook.com/UNTFreeAgents

CARNIVAL!
HISPANIC HERITAGE EVENT
Explore the Hispanic culture! Try authentic food and drink.
September 25, 11am-2pm
Library Mall
Free
STEP UP!
Bystander Violence Prevention
Learn how to Step Up! as a bystander and help prevent violence in the UNT community.
October 3, 7-10pm
Gateway Center Ballroom
Free

FIGHT LIKE A GIRL:
Breast Cancer Awareness
This Breast Cancer Awareness program will give you valuable information in the fight against breast cancer.
October 10, 7-9pm
Gateway Center Ballroom
Free

INTRAMURAL VOLLEYBALL
Season begins October 7
Register September 16-October 1
Sign up at the Pohl Rec Center
$45 per team
Don’t have a team? Visit facebook.com/UNTFreeAgents

YOGA ROCKS
This program brings the best of both worlds together offering a unique experience combining yoga and rock climbing. Participants will enhance their yoga practice and climbing techniques while developing strength, balance, endurance and flexibility. All fitness levels welcome, no climbing experience necessary.
Tues/Thurs, 8:30-10pm
October 8-31
Pohl Rec Center
$45

FITNESS PALOOZA
Are you ready to party yourself into shape? That’s exactly what our fitness palooza is all about; exhilarating, effective, easy-to-follow, calorie-burning fun! Come and go as you please.
October 9, 6-8pm
Pohl Rec Center
Free

INTRAMURAL OUTDOOR SOCCER
Season begins October 21
Register September 30-October 15
Sign up at the Pohl Rec Center
$45 per team
Don’t have a team? Visit facebook.com/UNTFreeAgents

MIDTERM MELTDOWN
Stressed about tests? Then come relax before you have a midterm meltdown. Program sponsored by Meadows Center for Health Resources, Counseling and Testing Center and Pohl Rec Center.
October 23, 11am-2pm
Chestnut Hall & Pohl Rec Center
Free

NO SHAVE NOVEMBER
T-Shirts are for sale to raise money for the Testicular Cancer Awareness Foundation.
November 1-26
Location is TBD
$7 per shirt

GREAT COLLEGIATE SMOKEOUT
Take a stand against smoking! Join us for games & activities to encourage you to stop smoking for good. This is also a great opportunity to sign up for the QuitSmart class.
December 2-6, 12-1pm
Library Mall
Free

EAGLE REFUGE
Take advantage of this Stress-Free Zone during exam time. Come relax, play games, and get a neck & shoulder massage.
December 9-12, 10am-2pm
Chestnut Hall Rotunda
Free

WINTER BREAK CAMPING & CAVING
CARLSBAD CAVERNS, NEW MEXICO
Join us during winter break to New Mexico! Carlsbad Caverns is a National Park worth the trip. With two deep cave tours and plenty of hiking excursions, this getaway will be one to remember!
January 7-10 (register Nov. 11-Dec. 2)
Sign up in the Outdoor Pursuits Center
$185
CONDOM CLUB
To join this free club stop by the Meadows Center for Health Resources and sign up.
Available Mon-Fri, 8am-5pm
Meadows Center for Health Resources
FREE

EYE EXAMS & OTHER OPTICAL SERVICES
Get your annual eye exam and pick up some stylish glasses and contacts at this full service optical center. UNT discounts available for students and their families.
Available Mon-Fri, 9am-6pm
College Optical Express
Chestnut Hall 101

FLU VACCINES
Free flu vaccines provided to students on a first come, first serve basis. Dates and times determined when vaccine arrives.
Availability TBD
Chestnut Hall 2nd Floor

GROUP EXERCISE CLASSES
Stuck in a workout rut? Just need to switch up your normal fitness routine? Drop by for a class at any time during the semester! From Cardio classes & cycle, to Zumba & Yoga you can have fun while you’re getting in shape!
Available throughout the week at various times
Pohl Rec Center
$3/class or Passes available to purchase
visit recsports.unt.edu for a full schedule

HEALTH EDUCATION CONSULTATIONS
Meet one on one with a peer educator or certified health educator to discuss topics such as nutrition, fitness, sexual health, and other health related issues.
Available Mon-Fri, By Appointment
Chestnut Hall 301
FREE

MASSAGE THERAPY
Licensed massage therapist will help relieve your stress with 30 or 60 minute massages. Gift certificates available for anniversaries, birthdays and other special occasions.
Available Mon-Fri, By Appointment
Chestnut Hall 301
$25-$40

MEDICATIONS
Stop by the pharmacy for all your over-the-counter medication and prescription needs. Wide assortment of items available from pain relievers and allergy medication to bandages and thermometers.
Mon-Thurs, 8:30am-6pm; Fri, 9:30am-6pm
Chestnut Hall 102
Various Costs

PERSONAL TRAINING
Let Certified Personal Trainers at the Rec Center design an exercise program just for you! Whether you need to break out of a boring routine, or get started with an exercise regimen for the first time.
Available Around Your Schedule
Sign up in the Rec Sports office at the Rec Center
Various Costs

PRIVATE SWIM LESSONS
Individuals receive personal attention to develop, improve, and refine strokes. Each session is 30 minutes. Available for all ages!
Available Around Your Schedule
Sign up at the Rec Center
Various Costs

PSYCHIATRIST & GYNECOLOGIST VISITS
Meet with licensed specialists for consultations on psychiatric and women’s health issues. Visit charges vary based on appointment reasons and time.
Available Mon-Fri, By Appointment
Chestnut Hall 2nd Floor
Various Costs

ROUTINE DOCTOR’S OFFICE VISITS
Meet with licensed doctors and nurse practitioners for consultations on coughs, colds, minor injuries, chronic conditions and other “family doctor” issues. Visit charges are covered by the Student Medical Services Fee.
Available Mon-Fri, By Appointment
Chestnut Hall 2nd Floor
Various Costs
Coming Soon to an event near you!

The Health Hut will be on campus this year to help you with the 7 Dimensions of Wellness: Intellectual, Emotional, Environmental, Physical, Occupational, Social, and Spiritual. Plus, there will be health information and free goodies given away!
Health & Wellness
UNT
UNIVERSITY OF NORTH TEXAS®
studentwellness.unt.edu

The Health & Wellness Team:

Assistant Vice President for Student Affairs - Health & Wellness
940.369.8979
studentwellness.unt.edu

Recreational Sports
940.565.2275
recsports.unt.edu

Student Health & Wellness Center
940.565.2333
healthcenter.unt.edu

Counseling & Testing Services
940.565.2741
counselingandtesting.unt.edu