

## The Goal

The goal of this residential program is to create a supportive environment for students committed to a healthy lifestyle. It provides individuals an opportunity to live among others who share their health conscious attitudes and values.

Students involved in this program will be offered and presented with many social and educational programs on various aspects of healthy living. Resident Advisors and Resident Directors, along with many on-campus offices and programs, will engage students in many different health related activities. Students will also become familiar with health related offices on campus and the services that they offer to the Springfield College Community.

This program is dedicated to upholding the Springfield College motto:

### **SPIRIT, MIND, AND BODY**

Programs and events will reflect the interests and concerns of the residents. Some possible programs that have been implemented in the past in the residence halls include:

Climbing Wall, Stress Management, Yoga, East Campus Retreat, Floor "games", Safety Education by Campus Police, Health Educator presentations on various topics, and much more.



This program is available to students in all classes; male or female.



## WELLNESS PROGRAM

In addition to living in a healthy, supportive environment, Wellness Community students will be able to participate in workshops and programs that support different facets of a wholesome, well-rounded life. The program will center on the Six Dimensions of Health Model. That model supports programs that relate to development in the following:

- Physical*
- Emotional*
- Intellectual/Mental*
- Social*
- Spiritual*
- Environmental*



## Substance Free

The Wellness Program is designed for students who choose to live free of the influence of tobacco, alcohol and illicit substances. All residents will sign a Wellness Contract agreeing to remain substance free and also agreeing to support others relating to this issue. Any resident who does not follow the Wellness Contract, could lose the right to live in this community. All buildings on the Springfield College campus are smoke free. Students are also expected to know and abide by Springfield College Policies regarding alcohol, tobacco, and illicit substances.



If you think that this program is for you, **SIGN UP**, and enjoy healthy living at **Springfield College!**



**Applications will be accepted on a first come first serve basis.**

**Application to the Wellness Program**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Cell# \_\_\_\_\_

E-mail: \_\_\_\_\_

Age: \_\_\_\_\_

Class: \_\_\_\_\_

I wish to be considered for the Wellness Program for the following reasons:  
(All information will be kept in strict confidence.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

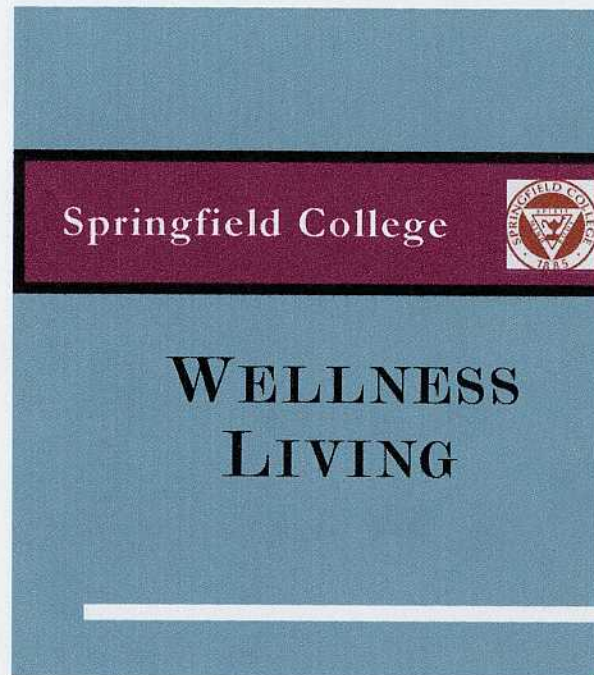


**OFFICE OF RESIDENCE LIFE**

Office of Residence Life  
263 Alden Street  
Springfield, MA 01109  
Phone: 413-748-3102  
Fax: 413-748-3509  
Email: [reslife@spfldcol.edu](mailto:reslife@spfldcol.edu)  
For more information, visit our website:  
[www.spfldcol.edu/reslife](http://www.spfldcol.edu/reslife)

**Massachusetts Laws:**

*Note:* All students at Springfield College are expected to adhere to the laws of the Commonwealth of Massachusetts relative to the use of alcohol and illegal drugs. Students who are found to be in violation of these laws will face disciplinary action.



Springfield College



**WELLNESS  
LIVING**

**Serving students since 1885**

*Enjoy a Healthy Lifestyle  
in the Springfield College  
Wellness Program*



[www.spfldcol.edu/reslife](http://www.spfldcol.edu/reslife)