



WELLNESS PROGRAM



Introduction to Medical Studies Wellness Activities

This is part of the four-week pre-matriculation program offered during the month of June.

- Workshops on sleep deprivation & stress management



Individual interviews with the counselors

Aim is to identify possible difficulties and intervene in a timely manner.

- Stress management techniques.



WELLNESS PROGRAM at the SOM

The School of Medicine, through the Office of Student Affairs has a program in which activities that promote student well-being are offered.

- time management
- sleep deprivation
- suicide prevention
- stress management
- yoga lessons
- SOM Wellness Day
 - massage
 - therapy dogs
 - nutrition
 - aromatherapy
- Mindfulness - as part of the first and second year clinical skills courses.



WELLNESS PROGRAM at the MSC

The campus has a wellness program, sponsored by the MSC Dean of Students.

- conferences
- movies
- workshops
- organized sports
- physical conditioning program
- nutrition specialist services
- Cultural Activities
 - Concerts
 - Theater presentations
 - Dance classes
 - Choir
- Track and Field Competition Day