The UCR Wellness Program for Faculty and Staff is a collaborative partnership with Environmental Health and Safety, Human Resources, and Recreation.

UCR Wellness Programs
- Health Information
- Health Assessment
- Health Screenings
- 1:1 Consultations
- Educational sessions
- Behavior Change Programs
- Wellness Challenges
  - WalkingFit
  - Mobile Fit
  - And More...

For Academic and Staff Employees

What is Wellness?
It is a lifestyle. A way of living that encourages good physical and mental health. It is a balanced lifestyle that includes an emphasis on the body, mind and spirit.

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UCR Wellness
Vision To have a campus community engaged in personal wellness and a vibrant, healthy, balanced lifestyle.
Mission To provide integrated programs and resources that promotes quality of life and fosters a culture of health and wellness

7 Dimensions of Wellness
- Emotional
- Environmental
- Intellectual
- Occupational
- Physical
- Social
- Spiritual