



Brenau Wellness Opportunities 2019

Brenau Center for Counseling and Psychological Services (Gainesville & Norcross)		
Psych Club has "Brenau Social Support System" groups every other Thursday -- open to everyone		
Yoga-mindfulness groups before finals (Dr. Zayas)		
Humane Society dogs on campus before finals		
Psychology Dept. has series of 3 classes open to all: Health Psychology, Personal and Social Awareness, Stress Management		
Feed Your Potential 365- Aramark: Healthier food choices		
Fall Prevention Expo- (Community wide)		
CIGNA Initiatives		
Life Enrichment course from MUSIC: Intro to Arts in Health Care		
Arts in Health Panel, Brenau Gospel Experience, March 29, 2019		
Support & Encouragement from Leadership		
Lifetime Fitness Activity Courses- Tennis, Swimming, Aerobics		
Healthy Living Course- Healthy Habits		
Tennis Clinics - open to all		
Athletics partnership with local Boys/Girls Clubs - National Fitness Day		
Master's swim programs open to all		
Fitness Center/Natatorium/Life Enrichment Wellness Coop. (year round availability)		

Wellness Committee

- Jim Lewis *Chair
- Kelley Maddox, Asst VP for Human Resources
- Stacey Hoffman
- Sarah Davis, Nurse Practitioner
- Julie Battle
- Mike Lochstampfor, Athletic Director
- Maureen Vidrine
- Gay Baldwin, University Counselor
- Nicole Browning
- Nikki Carter (Student Leader)
- Paula King
- Sarah Shirley
- Barbara Steinhaus
- David Miller
- Helene Smith-Gabai
- Linda Aikens-Young