



the
Well

Feed your **MIND**

Nourish your **BODY**

Lift your **SPIRIT**

Head for **THE WELL**

UNIVERSITY OF CALIFORNIA
UCRIVERSIDE



UCR

well-being • empowerment • life • learning

JOIN US AT THE WELL!

The Well at UC Riverside Opening Fall '09

The Well is your one-stop shop on campus for nourishing your mind, body and spirit.

Relax, refresh and rejuvenate at **the Well**.

Learn about our programs — from managing your time during finals to preparing nutritious meals on a grad student budget — you can find it at **the Well**.

Discover classes at **the Well** that get you moving for fun and fitness.

Mix and mingle in a safe, comfortable and connected environment at **the Well**.

Trained peer counselors, mentors and professionals are available at **the Well** to help you achieve personal, professional and academic success.

The WELL is part of UCR's and the UC system's **Mental Health/Healthier Campus Climate Initiative**.

For more details, visit us in the fall at:

well.ucr.edu

For more information:

The Well

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well.ucr.edu

