Feed your MIND

Nourish your BODY

Lift your SPIRIT

Head for THE WELL
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
248 Highlander Union Bldg
951.827.9355 (UCR-WELL)
well.ucr.edu