Feed your MIND
Nourish your BODY
Lift your SPIRIT
Head for THE WELL
It doesn’t take long for your steady intake of class, partying and diet soda to make you feel like you just ran a marathon. Then throw in your friend’s latest drama, and the mix gets really interesting. Don’t wait till you feel overwhelmed. Head for the Well.

The Well is your all-in-one source for wellness, empowerment, life and learning. Find programming on everything from healthy eating and cramming for finals to a variety of activities and excursions sponsored by one of our partners. These include the Counseling Center, Student Recreation Center, Campus Health Center and the Dean of Students.

And when it seems like your life’s already crazier than you can handle, stop by to talk to a peer or counselor.

The Well is part of UCR’s and the UC system’s Mental Health/ Healthier Campus Climate Initiative.

We’re here for you at the Well. Jump in.

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