



# the Well

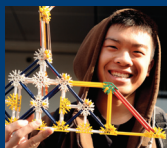
Feed your **MIND**

Nourish your **BODY**

Lift your **SPIRIT**

Head for **THE WELL**

UNIVERSITY OF CALIFORNIA  
**UC RIVERSIDE**



**UCR**

well-being • empowerment • life • learning

# COMING SOON!

## The Well at UC Riverside Opening Fall '09

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**

