



# Well-being and Student Health

Learn about Campus Recreation and Well-Being,  
Counseling Services, and Student Health

# Campus Recreation & Well-Being (RecWell)

- Meet the RecWell Staff
  - Whitney Crull
    - Senior Director for Student Involvement and Wellbeing
  - Joni Eisenhauer
    - Assistant Director of Health Promotion
  - Jeff Moore
    - Head Strength and Conditioning Coach
- 8 Dimensions of Wellness



# Bowers Center for Sports, Fitness and Well-Being

- Lounges
- Outdoor Firepit
- Fresh Nest
- Fitness Center
  - Strength & Cardio areas, group fitness rooms, changing rooms, fitness incentive programs, equipment check out
- Equipment Check Out/Rentals
- Off Campus Adventure Trips
- RecStop
- Weekly/Monthly Events



# Intramurals

- Free service available for students, faculty and staff
- Structured game play between other teams on campus
- Engage in physical activity and meet new people!
- How to sign up?
  - [Imleagues.com/etown](https://imleagues.com/etown) (free agent or team)
  - Sign-ups beginning and middle of each semester
- Sports offered
  - Flag football, soccer, basketball, dodgeball, volleyball, beach volleyball, ping pong, badminton, pickleball, cornhole and multiple one-day tournaments!





# Group Fitness Classes

- Group Fitness Classes are provided free of charge to our students and for a nominal fee for our Etown employees. A wide variety of group fitness classes are offered to accommodate a range of skills, interests and age groups.
  - Aqua Fit
  - Bike Bootcamp
  - CIRCL Mobility®
  - Circuit Training
  - Pound
  - Slow Flow Yoga
  - Spinning
  - Spin HIIT
  - Strong Nation®
  - Zumba®
  - Zumba Toning®



# Personal Training

- New service offered through RecWell
- Available for purchase to all students, faculty, staff, current Affiliate and Family Rec Pass Members with a valid Etown ID.
- Nationally Certified Personal Trainers guide you through a program specifically designed and tailored to help you achieve your goals.
- Multiple Plans and Session
- Meet our Trainers:

Olyvia Serillo



Evan Jarrell



# Health Promotion

- The Well
  - Free supplies – OTC Medicines, Band-Aids, Condoms, Menstruation Supplies, Sleep masks and ear plugs, Trial size shampoo and deodorant, Hygiene Wipes and more!
  - Health programming - creativiTEA, Sleep Hygiene Week, Don't Stress Before the Test
- CPR Certifications
- Demonstration Kitchen Programming
  - Nutrition & Food Demonstration Classes, food pairings, pop-up demos, nutrition counseling
- Relaxation Room
  - Sleep pod, oil diffuser, tea kettle, sound machine, happy light, meditation pillow





# Health Promotion Cont.

- SWAGs
  - Awareness Months
  - Wellness Education for Residence Halls
  - Book Clubs
  - Tabling Events
  - AOD Harm Reduction Strategies





# Student Employment

- Fitness Coordinator
- Intramural Coordinator
- Marketing Coordinator
- Group Fitness Instructors
- Fitness Center Attendants
- Student Wellness Advocates (SWAGs)
- Intramural Supervisors
- Intramural Refs/Scorekeepers
- Personal Trainer



# Counseling Services Staff



- Bruce Lynch, , Ph.D., Licensed Psychologist, Associate Dean of Students for Student Counseling and Health Needs
- Jenn Deitz, MS, LPC, Assistant Director for Student Counseling and Health Needs
- Mimi Duncan, MA, NCC, Staff Counselor-BIPOC Focus
- Kayshen Morel, MA, Staff Counselor
- Sarah Mullin, MA, LPC, Staff Counselor
- Amy Berra, Student Information Systems Coordinator

## **Individual Counseling:**

- Confidential, diversity affirming.
- No additional charge—covered by tuition.
- Help students address a variety of mental health, situational, and developmental concerns.
- Provided by licensed mental health professionals.



# Counseling Services, continued

- Scheduled and Walk-In Individual Appointments (BSC 216, 717-361-1405)
- Crisis Intervention (24/7 after hours number = Campus Safety at 717-361-1111)
- Group Counseling
- Consultation to students, staff, and faculty
- Relaxation Station
- Outreach presentations and workshops

Counseling Services provided sessions to 23 percent of undergraduate students during the 2023-24 year.

82 percent of Counseling Services clients were seen for ten or fewer sessions during the 2023-24 year.

97 percent of student clients surveyed during the 2023-24 year indicated “Counseling Services has helped me cope more effectively with my life”.

- The Penn Medicine-Elizabethtown Medical Center will open on the Elizabethtown College campus in the fall of 2024 and will provide a convenient location for primary care services.
- Appointments for illness and/or injuries, commonly prescribed medications available on site, in person and virtual care.
- Physical exams, vaccinations, allergy injections, on-site labs, bloodwork, rapid point-of-care testing and on-site results.



- [Student Health Services](#) are currently provided in collaboration with Penn Medicine Lancaster General Health (LGH) Sycamore Square, 99 Masonic Drive, Suite 101, Elizabethtown, PA 17022. Phone number for Etown College students: 717-588-1059.
- Nursing consults with our LGH Student Health Nurse, Lori Hoffer, RN, are at no charge to Etown College students.
- Provider appointments with the Nurse Practitioner, Physicians, or Physician Assistants, and health care procedures, will be billed to the student's health insurance.

Student Health forms, including immunization records, must be completed and submitted in ATS by July 1, 2024.

[You can find the form and instructions here.](https://www.etown.edu/offices/health/forms.aspx)

- Etown requires all students to have health insurance coverage that will cover them while here at Elizabethtown College.
- United Healthcare/Student Resources is a health insurance plan that is offered by the College for those students who choose to purchase this coverage.
- If you feel your student's coverage is adequate, then you may waive this policy. It is billed to each student, but the policy can be waived by September 15, 2024, to remove the charge if not needed.

[Enroll in or waive coverage here](https://www.etown.edu/offices/health/health-insurance.aspx)





**12-1:45 pm – Lunch & Explore: Meet up with your student & then...**

Visit the **Resource Fair** to learn about resources & meet Etown staff, *Brossman Commons KAV*

Talk to the Academic Advising team about **Schedule Questions**, *Brossman Commons, 2<sup>nd</sup> floor*

Tour our **Residence Halls**, *leave from Brossman Commons concourse, 1<sup>st</sup> floor*

Visit the **College Store**, *Brossman Commons, 1<sup>st</sup> floor*

**Student athletes**, visit your coach, *Thompson Gym*

Get your **ID picture** taken, *Leffler Chapel*

Enjoy **lunch** sometime during this timeframe – *Brossman Commons, 2<sup>nd</sup> floor*

**1:45 pm – our next session begins in Leffler Chapel**

1:45 pm – An Insider's Guide to Etown (hear from current Etown students)

2:15 pm – Empowering Success: Expectations, Autonomy and Growth

3 pm – Until August