

Student Wellness and Health Promotions

Student Wellness and Health Promotions is excited to announce that we now offer educational wellness appointments to students on various topics!



Sleep Assessments

Sleep is a basic human need that will supersede the drive to eat need that will surpass the desire to eat. The minimum basic needs required to survive include air, water, food, and shelter. Proper sleep allows us to THRIVE and not just survive.

If you would like to improve the quality or quantity of your sleep, set up a sleep assessment appointment with us. Appointments will consist of a basic sleep quality assessment, evaluation, and discussion targeting your improvement areas.

Nutrition

Curious about what you should be eating? Together, we can discuss the role that food and nutrition choices have on our bodies, immune systems, and overall well-being. Each session will be centered around you and your lifestyle!

Stress Management

This stress management session will educate students on the relationships between stress and health, nutrition, and physical activity and explore methods to reduce and manage stress.

Time Management

Work smarter, not harder! Learn how to set and achieve personal and professional goals, recognize barriers to successful time management, and learn how to manage expectations and say “No” when needed.

If you would like to schedule an appointment on one of the topics listed above, please contact Charlotte Muriel at (561) 237-7955 or cmuriel@lynn.edu