

Wellness Opportunities Available to Medical Students

		Physical	Emotional	Occupational	Spiritual	Social	Intellectual	Financial	Environmental		
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Office for Undergraduat											
Elements Wellness Curriculum											
<u>Family Elements</u>											
Headspace by UT Health											
LSOM Food Network											
Milestone events such as Welcome Weekend, White Coat Ceremony,											
Orientation, Clinical Ceremony, Match Day, Graduation, etc.)											
Activities related to Academic Enhancement and Career Services											
	Self-Reflection Guide										
Healer's Art											
Veritas (UTHSA Peer Me	ntoring/Coaching Program)										
Veritas Retreat (for entering medical students)											
Group and one-on-one me											
Career Social Hours											
Mock Interviews											
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Office of Student Life											
Intramural Sports											
Snack & UTHSA Swag Item Giveaways											
Lunch in the Quad											
Recurring wellness events/activities											
Run Club											
Student Organizations a	nd Interest Groups										
<u>Directory of Student Organ</u>											
Student Government Associ	ciation (SGA)										
	Medical Student Council (MSC)										
Wellness-related Groups											
Auscultations	Catholic Medical Student Association			Green Student Organization							
Egophony	Muslim Medical Student Association			ScribeMD							
Wellness Matters	Student National Medical Association			MOVE Texas							
PRIDE	Latino Medical Student Association				ance So	•					
Lifting Club	South Asian Medical Student Association		Fi	Financial Literacy Organization							
Unabridged Jewish Student Association											
Gold's Gym											
Cardio, strength training, group exercise, Pool, basketball court, etc.											
Personal Training											

	Physical	Emotional	Occupational	Spiritual	Social	Intellectual	Financial	Environmental
Student Counseling Center								
Appointments with Clinicians								
Massage Chairs								
Outreach / Workshops (varies throughout year) Thrive at UT app (iPhone Android)								
Time at or app (in none Anarola)								
Briscoe Jr. Library								
Treadmill & bike desks (5 th floor)								
Reflection Room (4 th floor)								
Board games (5 th floor)								
Student Appreciation Week (Annually)								
UT Police								
Safe Walk Program								
Rape Aggression Defense (Self-defense class for women)								
<u>Various safety courses</u>								
UT Health SAfe App (iPhone Android)								
AAMC								
FIRST® Website								
Careers in Medicine®								
Wellness 360								
Health care services, blood pressure machines around campus, nutrition								
consultations, free condoms, and female products.								
Office of Veteran Services and Financial Aid (VSFA)								
Office of Veterali Services and Financial Aid (VSFA)								
Student Ombudsperson Services								
<u>Stadent Official Services</u>								
UTHSA Toastmasters Club								
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Center for Medical Humanities and Ethics								
Global Health Trips								
Community Service Learning								
11.5								
University Hospital								
Meditation Room and chapel								
Audie L. Murphy Memorial Veterans' Hospital								
Services available to all medical students								
25.1100	<u> </u>							
University Health and Wellness Committee								