



# Wellness Resources for Medical Students

	Physical	Emotional	Occupational	Spiritual	Social	Intellectual	Financial	Environmental
<b>OFFICE OF UNDERGRADUATE MEDICAL EDUCATION</b>								
Elements Wellness Program	■	■	■	■	■	■	■	■
Family Elements		■	■	■	■	■	■	■
Headspace by UT Health ( <i>limited memberships available</i> )	■	■	■	■	■	■	■	■
LSOM Food Network	■				■		■	
Milestone events: Welcome Weekend, White Coat Ceremony, Orientation, Clinical Ceremony, Match Day, Graduation, etc.)			■	■	■	■	■	■
Academic Enhancement			■		■	■		
Dinner with a Doc			■		■	■		
Career Day			■		■	■		
Healer's Art		■	■	■	■	■		
<b>VERITAS (UTHSA Peer Mentoring Program)</b>								
The Launch Retreat ( <i>for entering medical students</i> )	■	■	■			■		
Group and one-on-one mentorship from faculty and peers			■			■		
Career Social Hours			■		■			
Mock Interviews			■		■			
<b>OFFICE OF STUDENT LIFE</b>								
Intramural Sports	■				■			
Interprofessional Leadership Scholars Program		■	■		■	■		
Popcorn Friday					■			
Lunch in the Quad					■			■
Run Club*	■				■			■
<b>STUDENT ORGANIZATIONS OR STUDENT-LED GROUPS</b>								
Student Government Association (SGA)			■		■	■	■	■
Chili Cook Off, Burger Burn, etc.*			■		■	■	■	■
Garden and Health Interest Group*			■		■			
Wellness Matters Student Organization*	■	■	■	■	■	■	■	■
Personal Finance Interest Group*					■	■	■	■
PRIDE*		■	■		■	■		
Music and Art in Medicine (*)					■	■		
<i>* Contact Student Life for more information</i>								
<b>GOLD'S GYM</b>								
Cardio, strength training, etc.	■	■			■			
3D Body Scan Consultations (Initial session is complementary for UTHSA students)	■							

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<b>COUNSELING CENTER</b>								
Appointments with Clinicians	■	■	■	■	■	■		
Massage Chairs	■	■		■				
Outreach / Workshops (vary throughout year)	■	■	■	■	■	■		
Therapy Assistance Online (TAO)	■	■	■	■	■	■		
<b>BRISCOE JR. LIBRARY</b>								
Treadmill & bike desks (5 <sup>th</sup> floor)	■							
Reflection Room (4 <sup>th</sup> floor)		■		■				
Board games (5 <sup>th</sup> floor)		■			■			
Student Appreciation Week (Annually)		■			■	■		
<b>UT Police</b>								
Safe Walk Program	■	■						
Rape Aggression Defense (Self-defense class for women)	■	■			■			
Various safety courses	■	■			■			
<b>AAMC</b>								
FIRST Website							■	
Careers in Medicine®			■					
<b>STUDENT HEALTH AND WELLNESS CENTER</b>								
Health care services	■	■						
Blood pressure machines (located outside library & ALTC 3 <sup>rd</sup> floor)	■							
Nutrition Consultations	■							
Free Condoms and Female Products	■							
<b>OFFICE OF FINANCIAL AID AND VETERAN SERVICE</b>								
	■	■		■	■		■	
<b>UTHSCSA Toastmasters Club</b>								
			■		■	■		
<b>CENTER FOR MEDICAL HUMANITIES AND ETHICS</b>								
Global Health Trips			■		■	■		
Community Service Learning			■					
<b>UNIVERSITY HOSPITAL</b>								
Meditation Room and chapel		■		■				
<b>UNIVERSITY HEALTH &amp; WELLNESS COMMITTEE WEBSITE</b>								
	■	■	■	■	■	■	■	■