

# WELLNESS AND STUDENT HEALTH



**VCU**

Global Education Office



CONNECTING **cultures**  
AND **community**

# WELLNESS

PRIORITIZE YOUR PHYSICAL AND MENTAL HEALTH

[RecWell](#) - VCU's combined program for [Recreational Sports](#) and the [Health Promotion and Well-Being Center](#)

- [Cary St Gym](#) - workout equipment and classes
- [Mindfulness](#) and Meditation, [the Resilience Lab](#), and more
- [Outdoor Adventure Program](#) - sign up for trips, equipment rental, and weekly activities

## [University Counseling Services](#)

- VCU cares about your mental health

## [University Student Health Services](#)

- Covid-19 Testing and Vaccines
- University Student Health Services is a nationally accredited health care provider that offers primary care services to VCU students.



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