The Health & Wellness Residential Learning Community recognizes that we each view our WELLBEING in different ways. We strive to be an inclusive and supportive community designed to promote both guided and student-initiated explorations of wellness through the lenses of IDENTITY and COMMUNITY.

This is fostered by student leadership in conjunction with staff and faculty involvement. Through formal and informal activities and programs that are educational as well as developmental to create an engaged and active community at various levels both within and outside of the University setting. HWRLC members flourish and grow into integrated students and citizens. Designed to engage the whole student, students who share common interests in aspects of health and wellness have the opportunity to live together, attend class together, and pursue activities that reflect these interest areas through our classes, field trips and programming and simply through interaction.

More information about Health & Wellness RLC can be found on the HWRLC Website: [http://www.uvm.edu/~hwrlc](http://www.uvm.edu/~hwrlc)

The Health & Wellness Seminar
All first-time Health & Wellness students must enroll in the one-credit Health & Wellness Class (HLTH 010), which utilizes the 6 dimensions of wellness, while enhancing understanding of various intersections related to community and identity. Engaging and experiential, this course is designed for students to explore their community, on campus and beyond.

Housing
Students in Health & Wellness live together in enhanced traditional style triple-, double-, and single-occupancy rooms in Wright Hall on Redstone Campus.

For More Info
Website: [http://www.uvm.edu/~hwrlc](http://www.uvm.edu/~hwrlc)
Facebook: HWRLC H-Dub
Instagram: HWRLC
Twitter: @HWRLC
Snapchat: @HWRLC

To Apply
[go.uvm.edu/applyrlc](go.uvm.edu/applyrlc)

More Information on Next Page

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**Health & Wellness Facilities/Resources**

- **DEMONSTRATION KITCHEN** (FULLY-STOCKED SUPPLIES)
- **STUDIO SPACE** (YOGA/MEDITATION/GROUP FITNESS)
- **DISCOUNTED ACCESS TO WRIGHT FITNESS CENTER**
- **DISCOUNT FOR GROUP FITNESS CLASS PASSES**
- **MULTIPLE LOUNGES FOR OTHER COMMUNITY NEEDS**
- **CLOSE CONNECTION TO LIVING WELL & CAMPUS RECREATION**
What happens in Health & Wellness?

HWRLC sponsors dozens of events and activities each semester. Here are some recent examples:

**Community Events**
- Cider Making
- Cooking & Nutrition Demonstrations
- Study Break
- Craft & Relaxation Projects
- Floor Dinners

**Field Trips**
- Apple Picking
- Moonlight Hike
- Overnight Retreat
- Ropes Course
- Ice Skating
- Rock-Climbing

**Program Events**
- Wellness & The Power of Play
- What DO We Value
- “Be A Man”
- What We Say Matters