

The UNIVERSITY of VERMONT

# Health & Wellness

RESIDENTIAL LEARNING COMMUNITY



## What is the HWRLC?

The HWRLC is a theme-based housing opportunity with an academic component. Our theme is Health and Wellness, which we explore via the Wellness Wheel to promote a living environment conducive to healthier lifestyles.



### Wellness Wheel

The Wellness Wheel incorporates eight domains of Health and Wellness: Physical, Emotional, Spiritual, Intellectual, Psycho-social, Occupational, Sexual, and Environmental.

## HWRLC Experiences:

### Activities

- › Community gatherings
- › Guest speakers
- › Outings and fieldtrips
- › Meditation and mindfulness classes
- › Cooking classes

### Community Service/Service Learning

- › Student initiatives

### Community

- › Intentional building of community via shared interests, activities, conversations, etc

### Course/Academics

- › 1 credit, experiential/academic, self-paced course based on the 8 domains of health and wellness

[www.uvm.edu/rlc/hwrlc](http://www.uvm.edu/rlc/hwrlc)



## Health & Wellness Residential Learning Community

### HWRLC Resources:

- ▶ Wright Fitness Center
- ▶ Meditation, yoga and dance/exercise space
- ▶ High-tech classrooms
- ▶ Increased staff to student ratio
- ▶ Constant flow of guest lecturers, speakers, etc

### HWRLC Partnerships:

#### **UVM Community:**

The HWRLC collaborates with UVM professors, departments, programs, colleges, clubs, and organizations across campus in order to provide a more creative and innovative approach to learning.

#### **Vermont Community:**

The HWRLC incorporates fieldtrips, outings, events, and programs that work with many community partners to enable experiential learning.

#### **RLCs—The Vision of The Future:**

The HWRLC, the GreenHouse RLC, the Honors College, the Global Village, and the soon-to-be Arts RLC strive to create opportunities and experiences that blend the shared goals of the various RLCs.

**APPLY TO LIVE IN THIS  
EXCITING COMMUNITY!**

[www.uvm.edu/~rlc/apply](http://www.uvm.edu/~rlc/apply)

### Contact Us:

Amy D. Boyd MSS, LSW  
HWRLC Staff Director  
[amy.boyd@uvm.edu](mailto:amy.boyd@uvm.edu)  
802.656.0236

Maya Ardon, MA  
CWPS Residence Director  
[maya.ardon@uvm.edu](mailto:maya.ardon@uvm.edu)  
802.656.9433



[www.uvm.edu/rlc/hwrlc](http://www.uvm.edu/rlc/hwrlc)