Wolf Wellness Lab

The mission of the Wolf Wellness Lab is to provide leadership, education, advocacy, and services to develop and promote a cultural of health and maximize the well-being of UWG students, faculty, staff, and the citizens of the surrounding community.

THE WOLF WELLNESS LAB IS STRUCTURED AROUND FOUR COMPONENTS: LEADERSHIP, EDUCATION, ADVOCACY, AND SERVICES

EDUCATION
- Workshops
- Lunch N Learns
- Trainings
- Summer Camp
- Experiential learning opportunities
- Certificate programs
- Research & Grants

LEADERSHIP
- Wellness Champions
- Alignment with national programs
- Partnership development

ADVOCACY
- Recognition program
- Policy & procedure reviews
- Resources
- Health Coaching
- Biometric screenings
- Exercise is Medicine referrals

SERVICES
- Fitness assessments
- High performance coaching
- Worksite well-being initiatives

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