Wellness Services Offerings 2018/19

Health Education & Research
- Stress, time management, sleep, sex, etc.
- Open Hours:
  - Tue: 10am-12pm
  - Wed: 1pm-5pm

Departmental Consultations & Class Visits
- Utilizing wholeness frameworks, reducing stress

One-on-Ones with Students
- 2 Peer-Ed teams
- Follow current campus trends on health topics to inform Smith-specific curricula & programming
- Wholeness Wednesdays: 4:15-5:15 in CC103/4

Holistic Care
- Nutritionist: By referral from medical or counseling staff
- Acupuncturist: Mon and Fri: 1pm-5pm in Schacht Center Room 218

Passive Programming
- Sleep and Stress Kits
- Social Media Programming
- Latex
- Reusable Menstrual Products

Contact Us: wellness@smith.edu