



Wellness Resource Center

A service to Virginia Tech Students offered by Schiffert Health Center's Office of Health Education.

Come Visit 141 McComas Hall

CHECK IT OUT!

FREE RESOURCES!

We are here for students who want health information for personal or academic purposes. We have health information that can be your "keys" to healthy lifestyle choices.

- 🔑 **Promotional items** (usually during theme weeks)
- 🔑 **Health brochures**
- 🔑 **Quit Kits** (for smoking cessation tips)
- 🔑 **Wellness ACTION Guides** (for healthy eating, exercise, and stress management tips)
- 🔑 **McComas Hall wellness program/workshop flyers**
- 🔑 **Posters**
- 🔑 **Computer resources**
- 🔑 **Or you can sign up for free programs or schedule a free personal health consultation**

Call 231-3070, e-mail <wellness.resource.center@vt.edu>, or stop by for more information between 8:00 AM - 5:00 PM Monday through Friday.