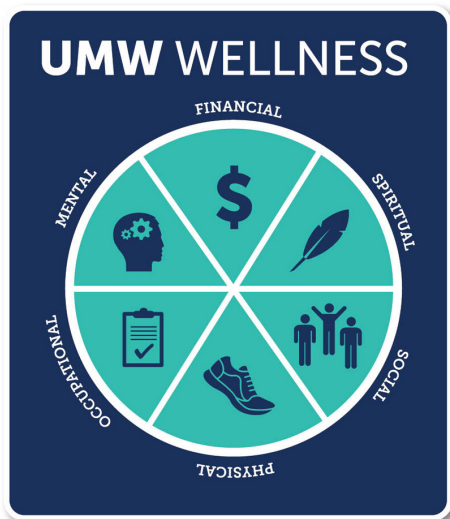


UMW WELLNESS PASSPORT



WHAT IS THE WELLNESS PASSPORT?

The UMW Wellness Passport is an incentivized wellness initiative that encourages student participation in programming across campus that can impact or educate students on any of the six dimensions of wellness. The programs will purposefully engage students in learning about the dimensions of wellness and reflecting on their own wellbeing.

The goal is to complete the passport!

Students pursuing the Wellness Passport aim to acquire a sticker representing each of the six dimensions (above) by participating in at least one program from each dimension of wellness. Upon completion, the student can email their completed passport to wellness@umw.edu or tag @UMW_Wellness on social media to be entered into a drawing for UMW swag!

HOW TO GET INVOLVED

Submit your events to the Wellness Passport event form by the following dates:

Pre-Spring Break events by Tuesday,
December 17

Post-Spring Break events by Friday,
February 14

WHAT IT MEANS TO BE A WELLNESS PASSPORT EVENT

If you choose to have your event eligible for the wellness passport, this semester, the President's Council on Wellness (PCOW) is requiring that an individual who is a part of hosting the event spends approximately two minutes at the event sharing information with the event audience about the PCOW, the Wellness Passport, the wellness dimension of the event. Don't worry! A script with this information will be provided to the event host via email prior to the event. There will also be a brief, optional training in the spring about the wellness passport.