SHU-WELL LLC
Live with like-minded peers in Roncalli Hall

IDEAL FOR STUDENTS IN HEALTH RELATED PROGRAMS

Explore the Seven Dimension of Wellness while making friends, connecting with faculty, and exploring your new community.
SHU-WELL LIVING LEARNING COMMUNITY

SHU-WELL LLC Experience

1. A shared commitment by students, staff and faculty to the development and practice of the pursuit of healthy living
2. All participants will be living in Roncalli Hall
3. An environment supportive of academics that encourages and promotes the development and maintenance of a healthy body, mind and spirit
4. Activities and topics to include physical health and nutrition, spirituality and mindfulness, mental wellness, community and environmental health, and occupational health
5. An opportunity to explore your own practices and attitudes to develop your own personal plan for wellness
6. Interaction with health and academic support professionals

Questions? Contact Dr. Walker at walkerp@sacredheart.edu