

### **Mission**

The mission of the Shippensburg University Wellness Task Force is to foster a worksite culture and climate that promotes physical, intellectual, social, emotional, and occupational wellness for the university community.

### **Goals Statement**

The goal is to provide pro-active support toward optimal health for all members of the University community. This is accomplished through a diverse range of on-campus and online programs including educational events, wellness screenings, and activities designed to support healthy lifestyle choices.

### **Goals**

1. Encourage and support all members of the campus community to make healthy lifestyle choices
  - Behavior Change Programs
  - Fitness Assessment & Personal Training
  - Consistent Communication
2. Identify and acquire resources that help promote healthy lifestyles
  - Community contacts & relationships
  - Campus resources
  - Centralized contact point
3. Conduct ongoing program assessment through surveys, outcomes, participation , testimonials
  - At conclusion of plan year
  - Wellness profile data
  - Yearly general interest survey
4. Create a culture that embraces overall wellness for the campus community
  - Wellness center on campus- identifiable physical location on campus
  - Consistent visibility
  - Visible leadership support