“For me, the healthy living community is about being a part of a positive community where you can connect and grow with other people who have similar beliefs, goals, and values as you do.” ~Marten Weston

“This community has opened a whole new door towards my college experience and it will always be a focal point to fondly reflect back on for years to come. ~Jon Nowak

Vision Statement
To create a wellness program that empowers students to promote health and wellness in the building and across campus to positively impact the lives of students, faculty, and staff.

And to become a catalyst in advancing Shippensburg University to include a culture of health and wellbeing that actively pervades higher education policy, processes, methods, and programs.

Mission Statement
To provide services and support for members who choose to participate in a holistic community focused around making healthy lifestyle choices in the areas of intellectual, physical, social, environmental, financial, and spiritual wellness.

By stressing a culture of mutual respect, affinity, accountability, and support, our members aspire to further the image of a balanced lifestyle within both the individual and the community.
Learning Outcomes:
As a participant in the Healthy Living Community, you can expect to…

- Experience a residential setting that is an active, supportive, and exciting place to live and learn.
- Develop personal responsibility for individual growth.
- Feel empowered to create a healthy living and learning environment.
- Create a deeper, stronger connection with a supportive network of students who have similar goals and interests.
- Assess your current state of personal wellness and conduct self-examination of perceptions, values as well as behaviors that motivate your understanding of wellness.
- Increase awareness of additional dimensions of wellness, which contribute to a well-balanced lifestyle.
- Develop personal wellness goals in conjunction with the support of campus resources, residence life staff, and other residents within the community.
- Network with peers, staff, faculty, administrators and additional wellness-related resources that will provide guidance and support.
- Develop leadership, programming, and advocacy skills through active participation in the Healthy Living Council, the representative and programming board for the community.
- Create and participate in a variety of educational and social programs related to wellness.
- Offer honest feedback about the goals, activities, and progress of the community.

Eligibility Requirements:
Applicants must…

- Successfully complete an application reviewed by Housing and Residence Life Staff as part of the annual housing selection process.
- Review and accept standards set forth in the Healthy Living Community Agreement.
- Abstain from the possession and use of alcohol or illicit drugs, and prescription or over-the-counter medications, and inhalants or other chemicals as outlined in the Community Contract.
- Agree to support other members of the community in their efforts to lead healthy, well-balanced lives.