

Pillars of WELLNESS

HIGH POINT UNIVERSITY
Employee Wellness

BODY

Walking Wednesday
.....
Employee Wellness Center
.....
Running Club
.....
Walking paths/trails
.....
Rowing Club
.....
Activity Challenges
.....
On-site Nutritionist
.....
On-site Cafeteria w/ listed nutrition info
.....
Pool
.....
Preventive Health Screenings
.....

SELF

Meditation Monday
.....
Meditation Challenge
.....
EAP
.....
Stress Management Resources
.....
Health Coaching
.....
Well-being Workshops (WCS portal)
.....

MIND

Comprehensive Library
.....
Collaborative Learning Environments
.....
QEP-Growth Mindset
.....
Lecture Series
.....
Community Enrichment Series
.....
Volunteer Service
.....
Professional Workshops
.....
HPU Community Orchestra
.....
Phoenix Reading Series
.....

WORK

Vacation Time
.....
Sick/Personal Time
.....
Retirement Planning (TIAA-CREF)
.....
Discount Program
.....
Passport Partners
.....
ElderCare Choices
.....

SOUL

HPU Chapel
.....
Meditation Monday
.....
HPU Chapel Series
.....
Interfaith Prayer and Meditation Space
.....
Community Prayer breakfast
.....
Meditation Challenges
.....

PLAY

Athletic Events
.....
Running Club
.....
HPU EW 5K
.....
Volunteer Service
.....
Walking Wednesday
.....
Community Events
.....
Workout Buddies
.....