Gatorwell at Springs & Jennings Hall

Overview

GatorWell at the Springs Complex and Jennings Hall is a partnership between GatorWell Health Promotion Services and the Department of Housing and Residence Education. The GatorWell at the Springs and Jennings is designed as a supportive and educational residential learning community aimed at facilitating a health and wellness learning process for first-year students at UF.

Program Goals

Students living in the GatorWell will have the opportunity to:

- Become aware of health and wellness related resources on campus.
- Build community and a foundation for a healthy life.
- Participate in events and activities that encourage balance and allow for personal growth.
- Enhance their academic success through high quality programs and services provided, including First Year Florida.

Academic Courses

Residents are able to take an optional class.

- **Choices in Wellness (EDF 3935) 2 classes offered each fall**
  This one-credit course is designed to help students get involved in college and develop a plan for success at UF. Topics include study strategies for academic success, developing healthy habits during your first year of college, and getting involved in student organizations.

Academic Resources and Services for Residents

During the day, the GatorWell offices are regularly staffed by a Health Promotion Intern and a professional Health Promotion Specialist. Here is a taste of our other offerings:

- Bi-weekly health messages on a variety of topics, including: alcohol, body image, nutrition, sexual health, sleep, stress, and tobacco.
- Information and resources available at tabling events and in the walk-in center.
- Health-related bulletin boards, events, and programs monthly.
- Time management consultations on the floor lounges.
- Relaxation station including a massage chair for students to use.
- Healthy cooking sessions.

For more information about Healthy Gators, check out [http://healthygators.ufsa.ufl.edu/](http://healthygators.ufsa.ufl.edu/)