

The Wellness Fee-FY23

In its twelfth year of operation, the IWC serves as a comprehensive health and wellness education facility engaging, inspiring, and fostering an environment of shared knowledge and experiences for better well-being at Winona State. The facility houses multiple departments and programs that work collaboratively across campus, and it provides permanent academic spaces as well as programs focused on an integrated approach to enhancing all students' success and well-being.

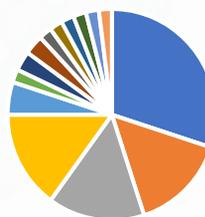
Programs & Departments Housed in the IWC

What students see:

Access to the fitness center, recreation courts, fitness studio, Intramurals, athletic and educational areas.

What we need to communicate better:

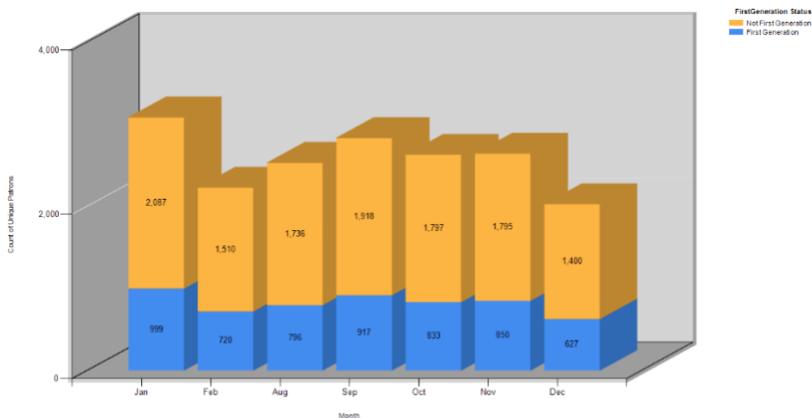
Basic Needs Resources & Support
 Fitness, Strength & Conditioning & the opportunities for student practicum and leadership.



- Fitness & Wellness
- Health & Wellness Services
- Counseling Services
- Rec Sports & Intramurals
- Integrated Wellness
- The Well
- The Warrior Cupboard
- Club Sports
- HERS Nutritional Sciences Lab
- Athletics Administrative Offices
- Athletics Hall of Fame
- HERS Rehabilitative Sciences Lab
- HERS Athletic Training Lab
- Facilities Services

The Strength & Fitness Center:

- Experiences 1000-2000 “swipes” per day
- Employs around 50 students each semester
- Oversees 20-30 paid and unpaid internships
- Creates opportunities for hundreds of volunteer opportunities per year
- Provides outreach on campus and in the community engaging hundreds of students through coursework and praxis throughout the year.



Total Count of Unique Patrons: 4,743

Wellness Fee (IWC) FY23

Major Programs Supported and Coordinated through IWC:

- **Warrior Cupboard**
 - Aurea Osgood currently overseeing cupboard
 - 237 visits since July 1, 57 unique visits
 - Majority of food and fundraising is DONATION-based
 - Senate has donated \$3000, chest freezer, and advertising campaign
 - Over 17,000 lbs of food distributed to date, since 9/2017.
 - Education and referrals to local, state and national resources
- **Wellness Challenge, Employee Wellness Program and Noontime Well Practice**
 - Engages student leadership in promotion of inclusive health and wellness practice
 - Over 100 individual participants per year
- **Jed Campus Program**
 - 2018-19 through May 2022
 - Healthy Minds Study (2018/2020/2021)
 - Comprehensive, campus-wide strategic planning to improve mental/emotional well-being
- **Mental Health Promotion**
 - Student-initiated projects
 - Active Minds initiated projects
 - Green Bandana Project
 - Trainings in Trauma-informed response and teaching
 - Trainings in Mental Health First Aid, QPR, and other evidence-based programs offered at no cost across campus
 - Peer Support program development
 - Covid-19 Campus Engagement Committee on Mental Health
 - Education, support and referrals for self-care and professional support

- **Community Engagement**
 - Morrie Miller Foundation partnership with WACS and Cotter
 - MN State SE ongoing partnerships and collaboration

Ongoing upgrades and repairs are a regular part of business in the IWC

- **Routine/preventive maintenance**
 - Annual resurfacing of basketball courts, fitness studios
 - Handrails on walking track and stair cases
 - ADA compliant entrances and doors
 - Landscape and outdoor space
 - Warrior Cupboard operation (not food)
 - IWC Windows
- **Improvements**
 - Track resurfacing summer 2022
 - Added fitness equipment, 4 treadmills, 4 bikes (fall 2021)
 - Landscape improvements
- **Repairs**
 - Plumbing
 - Restrooms
 - 3rd floor track railings
 - Walls, floors, windows, and doors