

The Wellness Fee-FY24

In its thirteenth 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.

The Strength & Fitness Center:

- Experiences 500-1000 “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.

Fitness & Wellness

Counseling Services

Integrated Wellness

The Warrior Cupboard

HERS Nutritional Sciences Lab Offices

Athletics Hall of Fame Lab

HERS Athletic Training Lab

Health & Wellness Services

Rec Sports & Intramurals

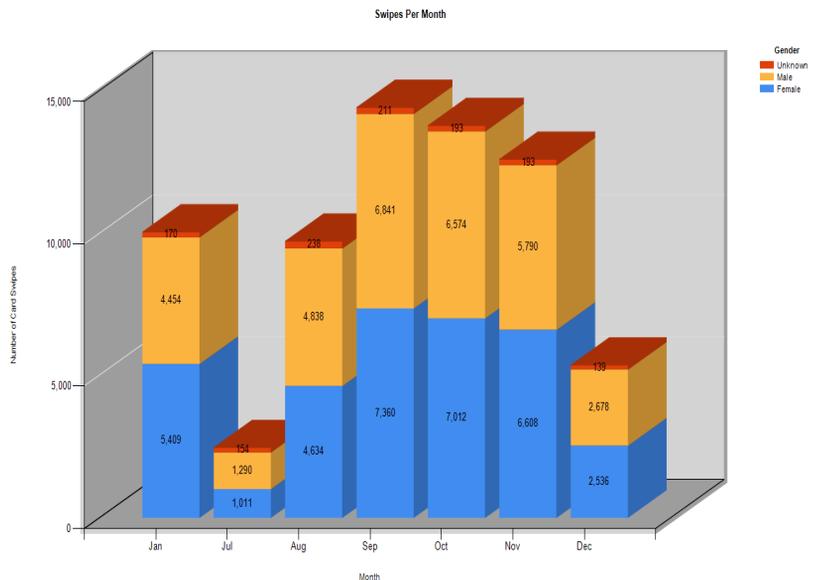
The Well

Club Sports

Athletics Administrative

HERS Rehabilitative Sciences

Facilities Services



Wellness Fee (IWC) FY24

Major Programs Supported and Coordinated through IWC:

- **Warrior Cupboard**
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 - Aurea Osgood currently overseeing Cupboard
 - More than 120 students using Cupboard this year
 - Approximately 45 students using the Cupboard each week
 - Majority of food and fundraising is DONATION-based
 - Senate has donated \$6000 during the 2022-2023 AY
 - 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
- **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
 - 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 outdoorspace
 - Warrior Cupboard operation (not food)
 - IWC Windows
- **Improvements**
 - Flooring resurfacing (May of 2023)
 - New Racks and Benches (June of 2023)
 - Track resurfacing summer 2022
 - Equipment repair and replacement
- **Repairs**
 - Plumbing
 - Restrooms
 - 3rd floor track railings
 - Walls, floors, windows, and doors