

KNOW BEFORE YOU GO

STUDENT HEALTH AND WELLNESS

1st Floor:

- **The Living Room** provides a communal space for students, features a variety of seating, windows, floor outlets, and a fireplace.
- **The Teaching Kitchen** offers cooking classes for skill-building.
- **The Student Disability Access Center (SDAC)**, **Gordie Center**, **Health Promotion** team, and the **Collegiate Recovery Program** offer students a range of support, programs, and equitable access across Grounds.
- The first floor is also home to well-being coaching via **WahooWell**, and our **Well-being Suite**, here you can find private reflection rooms and a wellness suite for yoga and group classes.

2nd Floor:

- **Medical Services** offers confidential healthcare, everything from general health concerns to reproductive health services, preventive care and screenings, specialized care, and wellness and lifestyle support.
- Students can use the **HealthyHoos** portal to schedule appointments.
- Support offices for Insurance, Medical Records, and Billing are also on the 2nd floor.

3rd Floor:

- **The Student Lounge** and adjoining **Art Room** provide space for relaxation, socializing, and activities.
- **The Fried Center (FCAP)** offers personalized exercise plans. Specializing in functional exercise, FCAP uses holistic full-body exercise, to improve the body's mechanics through stability and strength.

4th Floor:

- **Counseling and Psychological Services (CAPS)** provides confidential mental health services, including psychiatric services.
- Virtual therapy is accessible via the **TimelyCare** app.
- **Care and Support Services (CASS)** moves in this Spring! Offering inclusive programming and support, including the **Community Food Pantry**.

**FOLLOW @UVAHEALTHYHOOS TO STAY UP
TO DATE ON SHW PROGRAMS, EVENTS,
AND SUPPORT.**

FOR ALL THINGS ORIENTATION



studenthealth.virginia.edu/orientation

