



Wellness  
Empowerment Center

# **Introduction to Wellness Empowerment Center**

# Who W.E. Are



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Empowerment Center



**VISION:** We will be a preeminent leader in providing inclusive and research-based health and wellness programs and services that promote prevention and foster a culture of holistic wellness to improve the quality of life for students.

**MISSION:** W.E. (Wellness Empowerment) Center educates, advocates, and equips students by utilizing evidence-based strategies to develop proactive skills that will support their academic success and personal development to achieve health equity.

**LOCATION:** Joseph B. Whitehead Building (Stamps) 2nd floor (Suite 232)

**SUB-UNITS:** Community Nutrition, Health Education, VOICE



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# W.E. Pillars

1

Community  
Nutrition

2

Health Education

3

VOICE



# Community Nutrition

## 1 NOT THE FOOD POLICE

Our Dietitians support the "all foods fit" framework.

## 2 YOUR EATING PATTERNS ARE YOUR OWN

Rather than emphasizing fad diets or trying to whitewash foods, the dietitians celebrate the cultural variability of foods.

## 3 ALL BODIES ARE GOOD BODIES

When we think of our diets, we often-times get an image of what "healthy eating" is and it often-times comes with body expectations.

**W.E. don't do that!**

# Nutrition Education & Body Image



- **Nutrition Counseling**
- **GT Body Positive**
- **Flavorful Fridays (Instagram Reels)**
- **Presentations on request:**
  - Eating on a Budget
  - Nutrition 101
  - Intuitive Eating
  - Body Image and Disordered Eating

# Health Education

## 1 W.E. TAKE A HOLISTIC APPROACH

Rather than just encouraging you to eat well and workout, W.E. recognize the **WHOLE** student, which is often multifaceted.

## 2 MEET OUR STUDENTS WHERE THEY ARE

Instead of just waiting for students to discover our services, we go to where students are located to share our programs and services to best meet their needs.



# Health Education Outreach

Education and awareness events for the campus related to:

- Alcohol
- Sexual Health
- Stress and Anxiety
- Time Management
- Sleep
- Mindfulness
- Resilience
- Pet Therapy
- FREE HIV Testing
- Safer Sex Supply Program
- Presentation Requests available



# Sexual Violence Prevention



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## PREVENTION SERVICES

1

Empower students to promote non-violence to their peers through increased student involvement and engagement in programs and services.

2

Provide the Georgia Tech community with accurate and consistent messages regarding sexual violence prevention and response.

## PREVENTION EDUCATION

- Peer Educators
- Primary Prevention
- Awareness Building
- Cultural Narratives & Social Norms



# SVP Education and Outreach

## Domestic Violence Awareness Month

## Sexual Assault Prevention Month

- Teal Ribbon Day
- Take Back the Night

## Healthy Relationships Week

## Trainings and workshops:

- Bystander Intervention
- Healthy Relationships
- Sexual Violence Prevention





# Sexual Violence

## VOICE

1

Everyone has the right to live and learn at Georgia Tech, free of violence or the threat of violence.

2

VOICE seeks to create a campus culture that encourages respect, communication, and equity among the Georgia Tech community.



## ADVOCACY SERVICES

- Confidential
- 24-hour hotline: 894-9000
- Options and Reporting
- Supportive Services & Resources

**YOUR VOICE  
HAS POWER.**

**USE IT TO SUPPORT SURVIVORS**

# Individual Services

- **Nutrition Counseling**
- **Wellness Coaching**
- **HIV Testing**
- **VOICE Victim Support Services**



# Students Involvement Opportunities

- **Healthy Jackets Peer Educators**
- **BRAVE Peer Educators**



# Contact Us



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## Email:

[healthy@gatech.edu](mailto:healthy@gatech.edu)

## Phone:

(404) 894-9980

## Office Hours:

Mon - Wed: 8:00am – 5:00pm

Thurs: 9:00am – 5:00pm

Fri: 8:00am – 5:00pm

## Location:

2<sup>nd</sup> Floor, Stamps Health Services, Suite 232 and Suite 204

## Website

[wellnesscenter.gatech.edu](http://wellnesscenter.gatech.edu)

## Facebook

GTwellnesscenter

## Instagram

@GTwellnesscenter