

Who W.E. Are





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, Sexual Violence Prevention (SVP), VOICE

Community Nutrition

Wellness Empowerment Center

NOT THE FOOD POLICE

Our Dietitians support the "all foods fit" framework.

YOUR EATING PATTERNS ARE YOUR OWN

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

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!

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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 DisorderedEating

Health Education

Wellness Empowerment Center

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.

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.

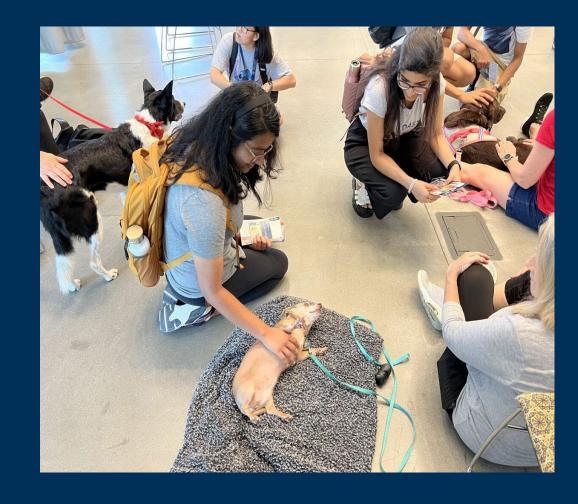




Health Education Outreach

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



PREVENTION SERVICES

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

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

Stalking Awareness Month

Domestic Violence Awareness Month

Sexual Assault Prevention Month

Healthy Relationships Week

Trainings and workshops:

- Bystander Intervention
- Healthy Relationships
- Consent & The Conversation





Sexual Violence

VOICE

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

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



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



USE IT TO SUPPORT SURVIVORS



VOICE Education and Outreach

Stalking Awareness Month

Domestic Violence Awareness Month

Sexual Assault Prevention Month"Take Back the Night"

Trainings and workshops:

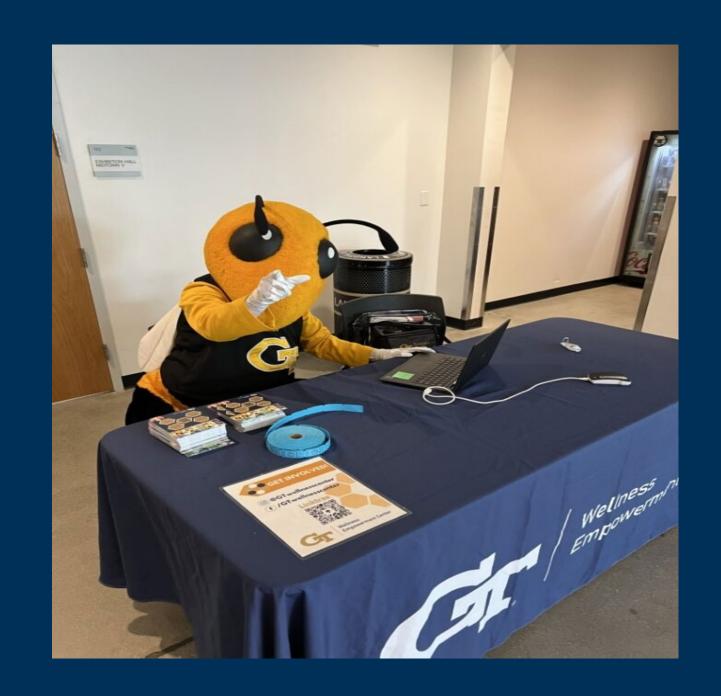
- VOICE Services & The Role of an Advocate
- How to Support a Survivor
- What is Sexual Violence and What Does it Look Like?





Individual Services

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



Contact Us



Email:

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:

2nd Floor, Stamps Health Services, Suite 232 and Suite 204

Website

wellnesscenter.gatech.edu

Facebook

GTwellnesscenter

<u>Instagram</u>

@GTwellnesscenter