MISSION

The Department of Wellness cultivates a culture of wellness through health education programs, support services, and fitness opportunities that enhances well-being and resiliency among students, faculty, staff, and the local community.

BY THE NUMBERS

- **2,734** members of the Baylor community served through the delivery of direct health promotion programs and initiatives.
- **2,291** students, faculty, staff, and community members engaged through special events.
- **1,402** students, faculty, staff, and community members engaged through outreach events.

Thank you so much for hosting our Drugs and Behavior class. Our students were raving about how awesome of an opportunity it was to become trained with Narcan.

—Dr. Lara Hwa

FITNESS INITIATIVES

- **1,288** FitWell and F45 memberships sold.
- **14,023** total classes attended.
- **1,662** students, faculty, staff, and community members engaged through special events.
- **539** personal training sessions.
- **40** clients served through peer nutrition advising.

WELL-BEING INITIATIVES

- **2,498** students engaged through the delivery of direct health promotion programs and initiatives.
- **17,657** individuals and organizations reached with health education information and resources via social media.
- **592** students, faculty, staff, and community members engaged through outreach events (tabling).
- **14** wellness consultations completed.

COLLEGIATE RECOVERY — BARC

- **860** students engaged through outreach events (tabling).
- **500+** students engaged during Collegiate Recovery Week through activities, meals, and tabling.
  - Received attention from the local news, promoting advocacy for and de-stigmatization of collegiate recovery.
- **236** members of the Baylor community provided with Naloxone training and Narcan.
- **147** students engaged in special events.
- **120** peer support meetings held.

MOVING FORWARD

- Train peer leaders to support the mission of the Department of Wellness.
- Enhance assessment efforts to understand needs and ensure that departmental programs and initiatives are effectively addressing identified needs.
- Continue to create and provide resources and services that promote holistic wellness and student success.
- Continue to develop and strengthen campus and community partnerships.