



Thrive



at



RUSVM



WELLNESS PROGRAMMING FOR THE RUSVM COMMUNITY

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# Thrive at RUSVM

Throughout the coming year, Ross University School of Veterinary Medicine (RUSVM) will be developing a comprehensive wellness program so serve our students, faculty, staff, and administration. This document is the first step in that process and catalogs the health and wellness opportunities that are currently available to the RUSVM community.

## CURRENT WELLNESS OPPORTUNITIES WITHIN THE RUSVM COMMUNITY

### 1. EVENTS, ACTIVITIES, AND PROGRAMS

#### ST. KITTS COMMUNITY EVENTS, ACTIVITIES, AND PROGRAMS

- Giant Malt Relay Championships – January
- Nevis to St. Kitts Cross Channel Swim (on Nevis) – March
- Nevis Marathon and Running Festival (on Nevis) – September
- Fittest of the Fit Competition (on Nevis) – September
- Brimstone Hill Run for Fit and Fearless – September
- St. Christopher Children's Home Annual Walk & Run – October
- Breast Cancer Walk – October
- Peninsula Swim – November



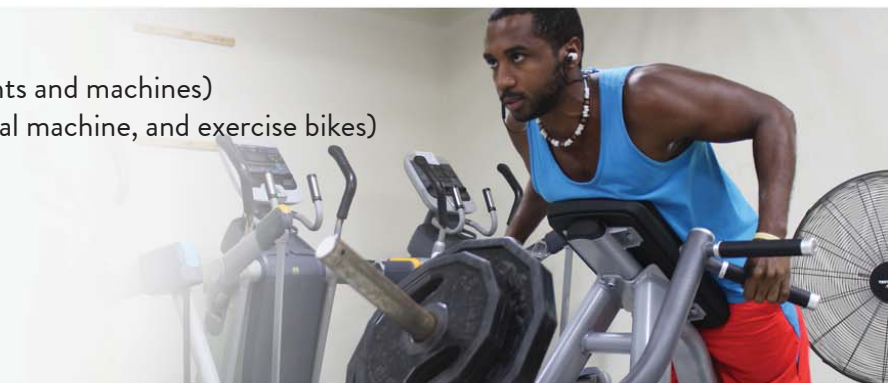
#### RUSVM COMMUNITY EVENTS, ACTIVITIES, AND PROGRAMS

- Ross Games – Colleague engagement
- Semester Olympics – Various competitions the 1st week of each semester
- Friday Night Volleyball – Friday nights throughout the semester
- Weekly Basketball
- Weekly Football (Soccer)
- Weekly Yoga
- Wednesday Farmer's Market on campus
- Biggest Shredder Event (semester)
- Self-Defense Classes (semester)
- Pink Semester's Ruff Mutter (5K)
- Food for Finals
- Puppy Therapy
- AAVMC Wellness Conference
- One Health Fair
- Green Initiatives
- Salsa dance classes



### 2. RUSVM FACILITIES

- Gym: Weightlifting (mixture of free weights and machines)
- Gym: Cardio (treadmills, climbers, elliptical machine, and exercise bikes)
- Gym: Yoga/Stretch/Zumba space
- Gym: Personal Training
- Basketball Courts
- Football (soccer) Field
- Dog Park



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## 3. HEALTH SERVICES

### HEALTH SERVICES PROVIDES:

- General Health Care
- STI Screening
- HIV Screenings 2-3 times per year
- Breast Cancer Awareness
- Cold & Flu Prevention
- Vaccinations
- Travel Medicine



## 4. COUNSELING CENTER

### THE COUNSELING CENTER PROVIDES:

- Individual Counseling for short-term, solution-focused counseling for personal, relationship, or academic concerns
- Art Therapy Workshop (Art Release)
- Mindfulness Group (3X week)
- Men's Group
- Creating your own Calm (Anxiety workshop)
- Survivors of Sexual Assault (Circling of Healing)
- QPR and ECPR Trainings
- Wellness presentations at WIVC 2017 and 2018
- Wellness Elective



## 5. STUDENT SUCCESS CENTER

### STUDENT SUCCESS CENTER PROVIDES:

- Interactive Learning Workshops
- How to Succeed in Vet School
  - Memory and Metacognition
  - Test Prep and Test Taking Strategies
  - Practicing a Growth Mindset
  - Overcoming Test Anxiety.

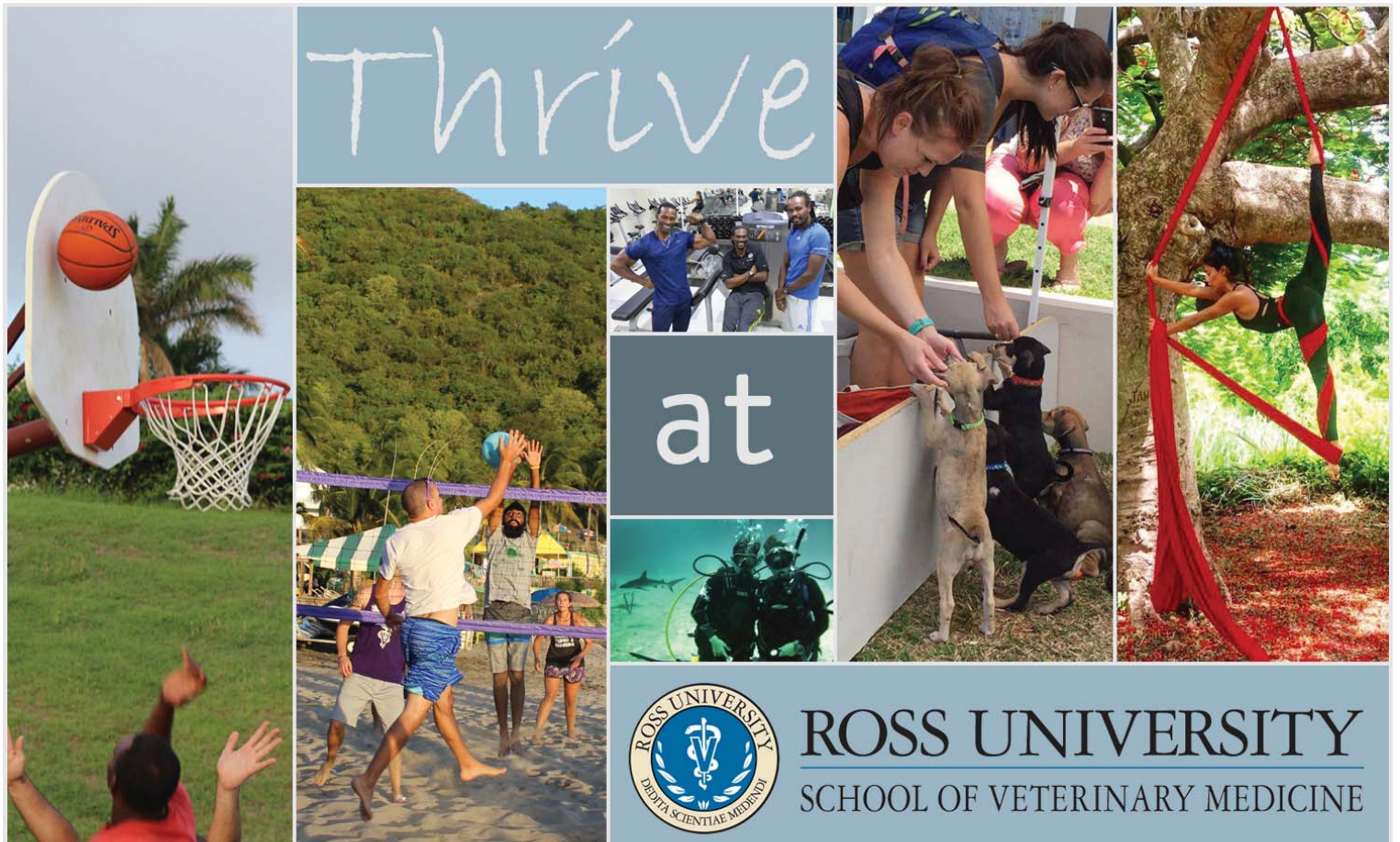
### Seminars for students, faculty and staff:

- Coping and Resiliency
- The Neuroscience of Empowerment
- Utilizing Stress and Anxiety to Build Inner Strength and Motivation
- Using your Why to Create Ongoing Success.

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## 6. OTHER WELLNESS OPPORTUNITIES AT RUSVM

- Health and Wellness Committee
- RUSVM Diversity Committee
- SAVMA Activities Directors
- RUSVM Office of Human Resources
- SUP Yoga - Stand up paddle-boarding
- Alcoholics Anonymous (AA)
- Ross Runners
- RUSVM Swim Club
- Ross Vet Basketball
- Ross Ultimate Frisbee
- RUSVM Intramural Soccer League
- Ross Snorkelers
- Ross Softball League
- The Hike Club
- Ross BeachVolleyball
- St. Kitts Hash House Harriers



**ROSS UNIVERSITY**  
SCHOOL OF VETERINARY MEDICINE

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