

HEALTHY BOILER

SOCIAL WELLNESS



Because **social wellness** is important, the **Healthy Boiler Program** promotes opportunities that bring people together. This happens in a variety of ways—through wellness programs, at our on-campus workout facilities, or in one of our cultural, leadership or faculty centers. Wherever it takes place, the goal is the same: **contributing to individual and collective well-being** through social togetherness.

SHARING HEALTHY LIFESTYLE GOALS

A great way to bond with others and make connections is by sharing health and wellness goals. At Purdue, we encourage employees to come together to support one another.

WELLNESS COMPETITIONS/CHALLENGES

- + Department, team and individual competitions foster an environment focused on well-being and encouragement.
- + Track your progress in the Healthy Boiler Wellness Portal.

BOILERMAKER HALF-MARATHON & 5K

- + Human Resources offers discounted registration fees for both the 5K and the half-marathon.
- + Additionally, the Healthy Boiler Program is an event sponsor to encourage participation and remind employees that the Boilermaker half-marathon and 5K support multiple pillars of the program – physical health, behavioral health and social wellness.

COMMUNITY RACES

- + Runners and walkers at all levels are encouraged to participate.
- + Training resources available, including discounted registration fees and health coaches at the Center for Healthy Living.

ON-CAMPUS WORKOUT FACILITIES

- + Onsite facilities makes it convenient to integrate exercise into your daily life.
 - + **Cordova Recreational Sports Center - CoRec**
 - + **A.H. Ismail Center for Preventive and Lifestyle Medicine**
- + Membership options for employees, retirees and their families.

LIVE YOUR BEST LIFE

The **Healthy Boiler Program** offers a full spectrum of benefits and resources aimed at improving your health and wellness.

And because we believe overall wellness is multi-faceted, the program focuses on your **behavioral health, financial wellness, physical health, social wellness and work-life integration** to help you be the best you can be.

FOLLOW ALONG

 [/healthyboilerpurdue](https://www.facebook.com/healthyboilerpurdue)

 [/healthyboilerpu](https://twitter.com/healthyboilerpu)

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 [/company/healthy-boiler](https://www.linkedin.com/company/healthy-boiler)

HEALTHY BOILER



WINTER RECESS

- + Three-day break for faculty and staff between semesters allows additional time with family and friends.
- + Eligible to all at West Lafayette, Fort Wayne and Northwest campuses.
- + Provided in addition to University holidays already scheduled.

GROWING TOGETHER IN LEADERSHIP

As you strive to develop your professional skills, you can tap into our on-campus leadership centers for support and assistance.

SUSAN BULKELEY BUTLER CENTER FOR LEADERSHIP EXCELLENCE

 | purdue.edu/butler/

The center is dedicated to inclusive leadership and increasing an individual's capacity for growth and professional development.

CENTER FOR FACULTY SUCCESS

 | purdue.edu/advance-purdue/

This campus center is focused on developing programming and implementing activities and events for faculty.

FORMING BONDS THROUGH DIVERSITY AND INCLUSION

Not only do we prohibit discrimination of any sort at Purdue, we actively try to promote diversity and enhance inclusion through a variety of cultural groups and centers.

Native American Educational and Cultural Center

purdue.edu/naecc/

Resources and support for all tribal nations

Asian-American and Asian Resource and Cultural Center

purdue.edu/aaarcc

Programs and events that seek to preserve, advance and connect the Asian community

Black Cultural Center

purdue.edu/bcc/

Programs and services that present the rich heritage of the African American experience

Latino Cultural Center

purdue.edu/lcc/

Programming that celebrates and enhances understanding of the Latino culture

Disability Resource Center

purdue.edu/drc

Focus on an inclusive campus that addresses individual and institutional barriers

Lesbian, Gay, Bisexual, Transgender and Queer Center

purdue.edu/lgbtq/

Advocacy for equitable access and a discrimination-free environment