

# YOUR PATH



# SOCIAL WELLNESS

Because **social wellness** is important, the **Your Path Wellness 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 [Wellness Portal](#). Challenges may qualify for incentive points.

### Community Races

Human Resources offers [discounted registration fees and training resources for local community events](#). Employees and their family members at all levels are encouraged to participate!

These community events support the physical health, financial wellness and behavioral health pillars of the wellness program.

### On-Campus Workout Facilities

- On-site facilities makes it convenient to integrate exercise into your daily life.
  - [Córdova 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 **Your Path Wellness 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.

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## WINTER RECESS

- Time off for faculty and staff between semesters allows additional time with family and friends.
- All benefits-eligible Purdue employees are eligible.
- 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/](http://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/](http://purdue.edu/advance-purdue/)

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

## FORMING BONDS

Not only do we prohibit discrimination of any sort at Purdue, we offer a variety of cultural groups and centers.

### Native American Educational and Cultural Center

[purdue.edu/naecc/](http://purdue.edu/naecc/)

Resources and support for all tribal nations

### Asian-American and Asian Resource and Cultural Center

[purdue.edu/aaarcc/](http://purdue.edu/aaarcc/)

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

### Black Cultural Center

[purdue.edu/bcc/](http://purdue.edu/bcc/)

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

### Latino Cultural Center

[purdue.edu/lcc/](http://purdue.edu/lcc/)

Programming that celebrates and enhances understanding of the Latino culture

### Disability Resource Center

[purdue.edu/drc](http://purdue.edu/drc)

Focus on an inclusive campus that addresses individual and institutional barriers

### Lesbian, Gay, Bisexual, Transgender and Queer Center

[purdue.edu/lgbtq/](http://purdue.edu/lgbtq/)

Advocacy for equitable access and a discrimination-free environment