



**Elgin Community College
Wellness Services**

The Breakdown ~ The Lowdown on Wellness Services

The Lowdown on Wellness Services

- Vinny Cascio: Welcome to The Breakdown with your wellness professionals here at Elgin Community College. I'm Vinny Cascio.
- Angela Ogburn: I'm Angela Ogburn. In this podcast, we're going to talk about what we do in Wellness Services. One of the biggest services that we offer is individual sessions. Students actually have four one-on-one sessions with a wellness professional per academic semester that they can use. All of these appointments are free and confidential, and actually they're not all appointments necessarily. You can drop in and see us anytime, or you can make an appointment. We also offer student seminars. We have different topics - things like stress management, building social confidence, and bystander intervention.
- Vinny: We also have support groups. Right now we have our pride support group which is open to our LGBTQ students, and in the future we'll be having some more support groups going on. Also, come meet our peer educator who helps us every Wednesday. We have Wellness Wednesdays every week in the Jobe Lounge from 11:30 to 1 p.m. You can always check us out there and check out our info table. We also have this online magazine called "Student Health 101." They have a lot of articles related to health and wellness, so it's a great resource to check in on.
- Angela: And, it's a new magazine every single month so it's got a lot of good stuff in it. For more information about us and our services, come check us out in Wellness Services. We're located in B120, and we're open for you Monday through Friday. Take care, guys. I'm Angela Ogburn.
- Vinny: I'm Vinny Cascio.
- Together: And we're your wellness professionals.