



# Well-Being and Student Health

Learn about Campus Recreation and Well-Being,  
Counseling Services, and Student Health

# Campus Recreation & Well-Being (RecWell)

- Meet the RecWell Staff
  - Whitney Crull
    - Senior Director for Student Involvement and Wellbeing
  - Joni Eisenhauer
    - Assistant Director of Health Promotion
- 8 Dimensions of Wellness



# Bowers Center for Sports, Fitness and Well-Being



- Lounges
- Outdoor Firepit
- Fresh Nest
- Fitness Center
  - Strength & Cardio areas, group fitness rooms, changing rooms, fitness incentive programs, equipment check out
- Equipment Check Out/Rentals
- Off Campus Adventure Trips
- RecStop
- Weekly/Monthly Events



# Intramurals

- Free service available for students, faculty and staff
- Structured game play between other teams on campus
- Engage in physical activity and meet new people!
- How to sign up?
  - [Imleagues.com/etown](https://imleagues.com/etown) (free agent or team)
  - Sign-ups beginning and middle of each semester
- Sports offered
  - Flag football, soccer, basketball, dodgeball, volleyball, beach volleyball, ping pong, badminton, pickleball, cornhole multiple one-day tournaments, and more!



# Group Fitness Classes

- Group Fitness Classes are provided free of charge to our students and for a nominal fee for our Etown employees. A wide variety of group fitness classes are offered to accommodate a range of skills, interests and age groups.
  - Bike Bootcamp
  - CIRCL Mobility®
  - Circuit Training
  - Pound
  - Slow Flow Yoga
  - Spinning
  - Spin HIIT
  - Strong Nation®
  - Zumba®
  - Zumba Toning®
  - Pilates



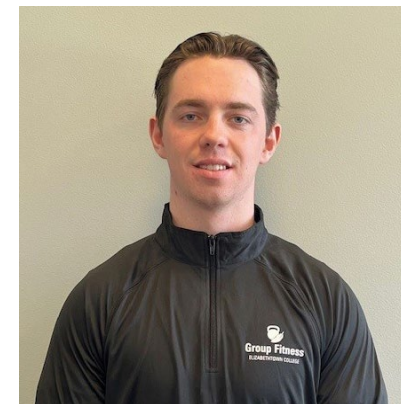
# Personal Training

- New service offered through RecWell
- Available for purchase to all students, faculty, staff, current Affiliate and Family Rec Pass Members with a valid Etown ID.
- Nationally Certified Personal Trainers guide you through a program specifically designed and tailored to help you achieve your goals.
- Multiple Plans and Session
- Meet our Trainers:

Olyvia Serillo



Evan Jarrell



# Health Promotion

- The Well
  - Free supplies – OTC Medicines, Band-Aids, Condoms, Menstruation Supplies, Sleep masks and ear plugs, Trial size shampoo and deodorant, Hygiene Wipes and more!
  - Health programming - creativiTEA, Sleep Hygiene Week, Don't Stress Before the Test
- CPR Certifications
- Demonstration Kitchen Programming
  - Nutrition & Food Demonstration Classes, food pairings, pop-up demos, nutrition counseling
- Relaxation Room
  - Sleep pod, oil diffuser, tea kettle, sound machine, happy light, meditation pillow



# Health Promotion Cont.

- SWAGs
  - Awareness Months
  - Wellness Education for Residence Halls
  - Book Clubs
  - Tabling Events
  - AOD Harm Reduction Strategies



# Student Employment

- Fitness Coordinator
- Intramural Coordinator
- Marketing Coordinator
- Group Fitness Instructors
- Fitness Center Attendants
- Student Wellness Advocates (SWAGs)
- Intramural Supervisors
- Intramural Refs/Scorekeepers
- Personal Trainer



Bruce Lynch, Ph.D., Licensed Psychologist (he, him, his)  
Associate Dean of Students for Student Counseling and  
Health Needs

Office: 216 Baugher Student Center

Phone: 717-361-1405

Email: [lynchbg@etown.edu](mailto:lynchbg@etown.edu)

# Counseling Services Staff



- Bruce Lynch, , Ph.D., Licensed Psychologist, Associate Dean of Students for Student Counseling and Health Needs
- Jenn Deitz, MS, LPC, Assistant Director for Student Counseling and Health Needs
- Mimi Duncan, MA, NCC, Staff Counselor-BIPOC Focus
- Kayshen Morel, MA, Staff Counselor
- Sarah Mullin, MA, LPC, Staff Counselor
- Amy Berra, Student Information Systems Coordinator

## **Individual Counseling:**

- Confidential, identity affirming.
- No additional charge—covered by tuition.
- Help students address a variety of mental health, situational, and developmental concerns.
- Provided by licensed mental health professionals.

- Scheduled and Walk-In Individual Appointments (BSC 216, 717-361-1405)
- Crisis Intervention (24/7 after hours number = Campus Safety at 717-361-1111)
- Group Counseling
- Consultation to students, staff, and faculty
- Relaxation Station
- Outreach presentations and workshops

Counseling Services provided sessions to 22 percent of undergraduate students during the 2024-25 year.

79 percent of Counseling Services clients were seen for ten or fewer sessions during the 2024-25 year (94 percent were seen for 15 or fewer sessions).

94 percent of student clients surveyed during the 2024-25 year indicated “Counseling Services has helped me cope more effectively with my life”.

- Elizabethtown College collaborates with Penn Medicine Lancaster General Health to provide comprehensive clinical health services for our students. The on-campus Penn Medicine-Elizabethtown Medical Center provides convenient primary care services for students.
- Appointments for illness and/or injuries, commonly prescribed medications available on site, in person and virtual care. Students use health insurance to receive care.
- Physical exams, vaccinations, allergy injections, on-site labs, bloodwork, rapid point-of-care testing and on-site results.

- \*530 East Cedar Street (Building across from Ober Hall)
- Elizabethtown College
- Phone: 717-588-1059
- <https://www.etown.edu/offices/health/index.aspx>
  
- Lori Hoffer, RN, Nurse Supervisor
- Kim Bourke, PA-C, ATC, Physician Assistant
- Carrie Shoop, CMA
  
- Emergencies: call Campus Safety at 717-361-1111 (24 hour number).

Student Health forms, including immunization records, must be completed and submitted in ATS by July 1, 2025.

[You can find the form and instructions here.](https://www.etown.edu/offices/health/forms.aspx)

# Student Health Insurance



- Etown requires all students to have health insurance coverage that will cover them while here at Elizabethtown College.
- United Healthcare/Student Resources is a health insurance plan that is offered by the College for those students who choose to purchase this coverage.
- If you feel your student's coverage is adequate, then you may waive this policy. It is billed to each student, but the policy can be waived by September 15, 2025, to remove the charge if not needed.

[Enroll in or waive coverage here](https://www.etown.edu/offices/health/health-insurance.aspx)



2:15 pm: An Insider's Guide to Etown, Leffler Chapel  
\*Meet up with your student & attend together

3-4 pm: Schedule Questions, Leffler lobby  
Get your ID picture taken, Leffler Chapel, McCormick Gallery  
Momentum program meeting, Leffler Chapel  
Visit the College Store, Brossman Commons