

ENVIRONMENTAL HEALTH AND SAFETY

FACILITY AND OCCUPATIONAL SAFETY

OVERALL WELLNESS



Benefit from Improving Your Health

Making the right choices for health and well-being can be challenging.

People often think about wellness in terms of physical health — nutrition, exercise, weight management, etc., but it is so much more.

Here are some ways to improve personal health:

- Get moving through regular exercise
- Get enough sleep and relaxation
- Stay hydrated
- Eat plenty of fruits and vegetables
- Check your posture and ergonomics
- Get an annual physical
- Nurture your social relationships



Administrative Operations

EHS - Facility and Occupational Safety
FacOccSafety@groups.purdue.edu
765-494-6371

Healthy Boiler Employee Resources

The Healthy Boiler Program provides care in each area by offering cost-controlled benefits and easily accessible resources that help Purdue employees (and their families) across all campuses transform their lives into the healthiest, happiest versions possible.

[Healthy Boiler Program - Human Resources - Purdue University](https://www.purdue.edu/hr/Benefits/healthyboiler/program/index.php)

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Purdue Student Health and Wellness Resources:

We are committed to helping our students reach their fullest potential both in and out of the classroom.

[Health & Wellness - Office of the Dean of Students - Purdue University](https://www.purdue.edu/odos/resources/health-wellness.html)

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