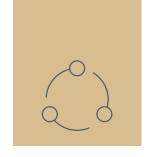
SOCIAL WELLNESS



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 oncampus 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



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/company/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