

## Building a Foundation

### University opens Wellness Lounge

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Niels-Erik Andreasen, president, and Dominique Wakefield, director for University Health & Wellness, cut the ribbon at the grand opening for the Wellness Lounge.(Photo by Darren Heslop)

By: Ali Reiner

Andrews University’s Health & Wellness initiative was successfully launched in September 2015 and has been thriving since. Included in this initiative was the opening of the Wellness Lounge—a space to execute the initiative and inform the campus community on various services and connect them with University Health & Wellness.

The initiative integrated five key elements: physical, spiritual, mental, relational and professional wellness. The vision of the initiative, which was approved by the University’s first-ever Health and Wellness Council, is to “Live Wholly”—also one of the University’s four core strengths.

“I am thrilled about the incredible opportunity we have to utilize the foundational principles of health and wellness to improve, transform and save lives,” said Dominique Wakefield, director of University Health & Wellness.

Wakefield sees the Wellness Lounge as the headquarters for running the initiative and a place for the campus community to better themselves in each of the five elements of wellness.

“My role is to provide expert executive health and wellness advice and to strategically coordinate all things health and wellness for students, faculty, staff and the community,” says Wakefield.

In order to fulfill her position and goals, Wakefield has the support and guidance of the Health & Wellness Council and the Wellness Action Team. Together under the Office of the President, Andrews’ new Health & Wellness initiative, including the Wellness Lounge, will continue to thrive through the coming years.

The Lounge has a lot to offer the campus community. Its features include personal training, health and wellness coaching and nutrition coaching. Also offered are health and fitness assessments that measure body fat percentage, visceral fat percentage, muscle mass analysis and biological body age.

Inside this space, next to the Student Life offices, is a relaxation station with beanbags, hot herbal teas and music where stress management can be freely and effectively practiced, and mental and spiritual clarity can be obtained.

"This year is really about building the foundation for the Health & Wellness initiative so that it is here to stay," said Wakefield.

The Wellness Lounge is located on the main floor of the Campus Center, room 168. Its hours are Monday and Tuesday from 9 a.m. to 5 p.m., Wednesday and Thursday from 9–11 a.m. and 1–5 p.m., and Friday from 9 a.m. to 12 p.m.

For more information regarding the University’s Health & Wellness initiative, visit [andrews.edu/wellness](http://andrews.edu/wellness), email [wellness@andrews.edu](mailto:wellness@andrews.edu), or call 269-471-6165.

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