



UNIVERSITY OF NEW ENGLAND
WELLNESS CENTER
 at Westbrook Housing

Larrabee Woods, Building 9
 207-221-4139
 ceah@une.edu

Fall 2022 – Spring 2023. The following wellness resources are available to all WH residents. Services are offered by students and faculty, and are free unless otherwise noted.

<p>Wellness Center – Weekly Activities 9/6/22 – 5/30/23; Closed Holidays Tuesdays 9-1.....Coffee, Baked Goods, & Games (9:30-11) Wednesdays 9-1.....Wii Bowling Tournament (10:30-12) Thursdays 9-2.....Dental Clinic Appointments (8:30, 1:00)</p>	<p>Become an “Elder Teacher” for Students Call Laura Grover at 207-221-4597 <i>Visit with a team of graduate students (pharmacy, physician assistant, physical therapy) and share about your experiences in growing older. Three visits in October-November 2022. By sharing, you contribute to their learning as an elder teacher!</i></p>
<p>Dental Hygiene Services 207-221-4139 <i>Exam, Basic Cleaning. Services provided in Larrabee Woods (left entrance) by Dental Hygiene students under faculty supervision. Appointments available on Thursdays in Fall, Winter & Spring.</i></p>	<p>Aging in Place / Home Safety Interview Call Jessica Walton at 207-221-4132 <i>Meet in your apartment with a pair of Occupational Therapy graduate students to share your living arrangements and discuss ways to enhance your day-to-day wellness and safety. Fall 2022 appointments September to November.</i></p>
<p>Social Work Support 207-854-6809 or 207-221-4139 <i>Meet with a Master of Social Work Intern, Victoria Kavanaugh, to discuss a challenge or problem, receive assistance with benefits or an application, and to learn about support groups (e.g., weekly women’s group) and other mental health supports.</i></p>	<p>Friendly Visit from the Wellness Team 207-221-4139 <i>Feeling alone? Want someone to walk with, do a puzzle, or play a game? Need help with your phone, TV, or other technology? Want help navigating online? If you answered yes to any of these, call to arrange a visit from a student Wellness Team member.</i></p>
<p>“10 Tips” Nutrition Education Program Call Maggie Gamble at 207-221-4617 <i>Participate in a nutrition learning and research project. Meet weekly with ~8 other residents for an 11-12:30 class on a Thursday or Friday in Larrabee Woods. Eight classes over eight weeks. All receive a free lunch and food to take home. Fall 2022 sessions begin in late September & early December.</i></p>	<p>Community Osteopathic Medicine Clinic 207-602-2898 <i>This clinic on the UNE Biddeford Campus offers free Osteopathic Manipulative Treatment services to the public as part of the hands-on training of students. Students are supervised by board-certified physicians who specialize in neuromusculoskeletal medicine and osteopathic manipulative medicine. Patients are evaluated and treated as appropriate.</i></p>
<p>UNE Legacy Scholars Program 207-221-4139 or ceah@une.edu <i>Adults aged 55+ years support applied research on healthful aging and participate in various educational and cultural events on campus and online. Scholars complete an annual survey on health and wellness which supports student research.</i></p>	<p>Online Education & Support 207-221-4139 <i>The UNE Center for Excellence in Aging & Health offers an online peer support group and weekly program on health, wellness, and culture. Learn more online at https://bit.ly/UNEAgngOnline.</i></p>
<p>Stretching, Yoga, & Mindfulness Sessions 207-221-4139 <i>Student-led groups offered at various WH buildings. Call to learn about upcoming sessions and join the wait list.</i></p>	<p>Use of Exercise Bike & Elliptical 207-221-4139 <i>Professional quality equipment in Larrabee Woods. Available for resident use when Wellness Center staff are present. Call to learn more.</i></p>