Wellness for a Lifetime

OneWellU

Kent State University
Division of Human Resources
University Wellness & Healthy Campus Promotions
P.O. Box 5190
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Kent, OH 44242-0001

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Adult Counseling, Health & Vocational Services

Service: Counseling

Contact: Dr. Jason Miller
Phone: 330.672.2208

Description of Program:
The Counseling and Human Development Center offers individual, group, family, couple and child counseling to KSU students, faculty, staff, family and community. The counseling is provided by masters, and doctoral level students preparing for licensure. These students are supervised by a professional licensed counselor.

Website: http://www.educ.kent.edu/centers/CHP

Eligible: KSU employees, family, students and community.

Category: Behavioral Health, Mental Health.

Cost: Free to KSU students, faculty, staff and family; minimal charge (from $5 - $25 based on income) to community members.

Additional Information:
Call to make an appointment 330.672.2208, or visit the office at 325 White Hall. Counseling provides help for a variety of concerns; alcohol and/or drug concerns, anxiety, anger management, career issues, childhood and/or adolescent issues, depression, gender issues, grief, school problems, self-esteem issues, stress, thoughts of suicide and time management.
Service: Environmental Health & Safety

Contact: Dennis Baden  
Phone: 330-672-1950  
Email: dbaden@kent.edu

Contact: Thomas Bialke  
Phone: 330-672-4996  
Email: tbialke@kent.edu

Description of Program:  
Along with required safety training, the Environmental Health and Safety office offers a variety of online and instructor-led courses of interest to departments as well as individuals. Courses include:

- Back Safety
- Cold Weather Emergencies
- Defensive Driving
- Fall Protection
- General Office Safety
- Hot Weather Emergencies
- Occupational Noise
- Power Tool Safety
- Slips, Trips & Falls
- Workplace Ergonomics

Visit the website for the most up-to-date trainings available.


Eligible: KSU employees, students

Category: Safety and Environmental Compliance

Cost: Most programs are available at a low cost

Additional Information:  
Instruction is provided according to OSHA and EPA guidelines by a certified instructor.
**Exercise, Leisure & Sport**

**Service:** Fit for Life – An Exercise Program

**Contact:** Dr. Ellen Glickman  
**Phone:** 330.672.2930  
**Email:** eglickma@kent.edu

**Description of Program:**  
The Fit for Life workshop targets community, faculty, staff and Kent State students in a supervised exercise setting.

This 60-minute class typically begins with a warm-up of stretching and calisthenics, followed by a choice of aerobics (walking, jogging, bicycling, aqua aerobics & more). Next, to strengthen muscle groups through the range of motion, is an anaerobic workout using light weights. Finally, you will cool-down through light stretching and relaxation exercises.

Participants will also take part in a series of functional fitness tests both at the beginning and completion of the semester. These tests will include a standard lipid profile and a series of exercise tests aimed at evaluating flexibility, aerobic endurance and anaerobic strength. Participants will also receive a MOVband, a fitness tracker, to help increase awareness of your daily activity level and to inspire the healthy decision to keep moving.

For registration information visit [http://www.kent.edu/cde/workshops/credit](http://www.kent.edu/cde/workshops/credit), scroll to Fit for Life.

- **New** Fit for Life participants must complete a paper registration form found at [www.kent.edu/cde/workshops/credit/registration-information](http://www.kent.edu/cde/workshops/credit/registration-information).
- **Returning** Fit for Life participants will register on FlashLine.

**Website:**
[www.kent.edu/cde/workshops/credit/registration-information](http://www.kent.edu/cde/workshops/credit/registration-information)

**Eligible:** KSU students, faculty, staff, community.

**Category:** Exercise, Physical Fitness, Recreation.

**Cost:** *This is a 1 credit hour workshop

**Additional Information:**  
Physician’s consent is required for participation. The program’s activities are led by undergraduate and graduate level students under the supervision of Dr. Ellen Glickman.

*Faculty and staff enrolling in the workshop may use their faculty/staff tuition waiver benefit. To register for workshops, students do not have to formally apply to Kent State University. There is no application or matriculation fee.*
Service: Exercise Leadership for the Older Adult

Contact: Dr. Ellen Glickman
Phone: 330.672.2930
Email: eglickma@kent.edu

Description of Program:
The Exercise Leadership for the Older Adult Program is available for community members 65 years of age and older. The exercise class meets every semester from 11 a.m. - noon Monday, Wednesday and Fridays. The class offers group cardio and resistance routines and one-on-one training that is led and supervised by graduate and masters level students studying in the exercise physiology program at Kent State. Undergraduates and graduates aid the participants in leading various exercises. The students will also provide physical fitness assessments and a biometric screening in order to assist you with your personal health goals.

Website: http://www.kent.edu/ehhs/hs/exph/exercise-programs

Eligible: KSU employees, older adult community members.

Category: Exercise, Physical Fitness, Recreation.

Cost: $100 per semester, but can be waived for special needs individuals.

Additional Information: Physician’s consent is required for participation.
Human Resources - Wellness

Service: Be Well Solutions

Contact: Be Well Solutions
Phone: 216-378-0888

Description of Program:
Kent State University’s Division of Human Resources is pleased to partner with Be Well Solutions to enhance our commitment to support and promote the health and well-being of the university community. All full-time, benefits eligible employees have the opportunity to participate in a number of resources around nutrition, exercise, emotional balance, being a smart patient….to name a few. In addition, employees have access to a confidential online health risk assessment (HRA), complemented by on-site biometric health screenings offered by Be Well Solutions.

Be Well Solutions will offer telephone, online, and face-to-face health coaching to all benefits eligible employees. Health coaches can assist individuals in addressing any concerns or risk factors that may have been discovered during their assessment or they may also help with personal wellness-related goals. Examples of this include smoking cessation, developing a 5K training plan or weight management.

Website: portal.bewelldata.com

For first time login, use the following login credentials:
- **Username**: FlashLine username with first letter moved to the end. *(Example: csmith23 = smith23c)*
- **Password**: The format for your ten-character password is MMMYYXXXXX. *(Example: below = APR9065432)*
- **MMM** = the first three UPPER CASE letters of your birth month. *(i.e. April = APR)*.
- **YY** = the last two digits of your birth year. *(i.e. 1990 = 90)*.
- **XXXXX** = the last five digits of your Kent State University (Banner) ID number. *(i.e. 898765432 = 65432)*
- *You will be prompted to change your password and complete your profile.*

Contact Be Well Solutions for any registration questions at 216-378-0888

Eligible: KSU employee

Category:

Cost:

Additional Information:
**Human Resources - Wellness**

**Service:** IMPACT Solutions – Employee Assistance Program

**Contact:** Impact Solutions

**Phone:** 1-800-227-6007

**Description of Program:**
In life, you face a whole range of everyday issues and questions. While managing your work, personal and family needs can become a daily challenge. That's why Kent State University provides the Employee Assistance and Work/Life program through Impact Solutions.

The IMPACT program can assist with problems such as stress, anxiety, depression, child management, marital concerns or substance abuse. They can also provide assistance for child or elder care, financial or legal matters. All resources are available 24 hours a day, 365 days a year. IMPACT services are confidential and provided by credentialed professionals.

IMPACT provides up to six confidential counseling sessions, at no cost. If treatment or services needed go beyond the six sessions, IMPACT will make every effort to transition the client to a provider that participates in their network.

There are no limitations to telephonic or online resources provided by IMPACT or its comprehensive work/life website. To access more resources visit [www.Impactemployeeassistance.com](http://www.Impactemployeeassistance.com)

**IMPACT Solutions (continued)**

The login to the site is “kent”. You can reach IMPACT directly at 1-800-227-6007, 24 hours a day, 365 days a year.

**Website:** [www.Impactemployeeassistance.com](http://www.Impactemployeeassistance.com)

**Eligible:** KSU Employees and family members

**Category:**

**Cost:**

**Additional Information:**
OneWellU is Kent State University's wellness program for faculty and staff and is part of the Division of Human Resources. We provide programs, services and resources designed to support Kent State University employees to be their best physically, mentally and emotionally. Human Resources collaborate with many internal and external partners who make all that we do possible.

Some of these partners include IMPACT Solutions, Be Well Solutions, University Health Services, the College of Health and Human Services, and several others listed within this Wellness Resource Guide. To see the comprehensive list of current and upcoming wellness offerings, such as lunchtime yoga, Fit for Life, personal health coaching, stress management workshops, lunch and learns and more, visit our online calendar at www.kent.edu/hr/benefits/wellness.
Nutrition & Dietetics

Service: Center for Nutrition Outreach

Contact: Tanya Falcone
Phone: 330.672.2063
Email: nutrition@kent.edu or tfalcon1@kent.edu

Description of Program:
The Center of Nutrition Outreach in the College of Education, Health and Human Services provides free to low cost nutrition service to all part-time and full-time Kent State students and employees, and residents of Portage County. The Center provides individual/family nutrition education on weight control, cardiovascular/hypertension, digestive disorders, diabetes, eating disorders, general nutrition/wellness, pediatric nutrition, childhood obesity, sports nutrition, vegetarianism, food allergies, and food safety. A Registered Dietitian coordinates the program in collaboration with the Kent State University Nutrition and Dietetics faculty.

Programs: once a month lunch and learn, semester long weight management program for staff and faculty, once a month nutrition focused classes (disease prevention, label reading, etc.), one-on-one counseling, cooking classes and grocery store tours.

Website: https://www.kent.edu/ehhs/hs/nutr/center-nutrition-outreach

Eligible: KSU employees, students, Portage County residents
Category: Nutrition Education, Weight Management
Cost: KSU employees (3 free appts. per semester), students (all appts. free), portage county members ($20 for initial, 2 free follow ups per semester)

Additional Information:
The Nutrition Outreach Program is located in room 200 of Nixson Hall. You may contact the program by phone or email at nutrition@kent.edu or tfalcon1@kent.edu.

Service: Food 4 Thought Café

Contact: Greta Siler
Email: gsiler@kent.edu

Description of Program:
Located in halls White and Bowman on the Kent State Main Campus, Food 4 Thought is based our operation on the premise that fresh foods can be flavorful and healthy, but also quick and inexpensive to produce. Many healthy (and delicious) options devoid of animal products are available to meet the needs of the vegetarian and vegan population. F4TCC is independent from Dining Services and unfortunately cannot accept student dining plans. Flashcash, cash and credit are accepted. Cafe employees are students of the Nutrition and Dietetics or Hospitality Management programs at KSU. All profits are allocated for student initiatives.

Website: http://www.kent.edu/ehhs/hs/nutr/food-4-thought-cafe

Eligible: KSU students, employees.
Category: Health Education.
Cost: N/A

Additional Information: N/A
Recreational Services

Service: Allerton Sports Complex

Contact: Greg Bailey
Phone: 330.672.0463
Email: gbailey@kent.edu

Description of Program: The Allerton Sports Complex provides the opportunity for the rental of on-campus sports fields. The fields include four softball fields as well as an observation tower with concessions.

Website: http://www.kent.edu/recservices/allerton-sports-complex

Eligible: KSU employees, spouse, community.

Category: Exercise, Physical Fitness, Sports, Recreation.

Cost: Costs are dependent on length of rental, rental type, and need for lighting on the field.

Additional Information: The Allerton Sports Complex is located behind the Student Recreation and Wellness Canter at 1565 Campus Center Dr.

Service: Aquatics Programs

Contact: Chris Baker
Phone: 330.672.0480
Email: cbaker5@kent.edu

Description of Program: The Student Recreation and Wellness Center offers a number of Aquatics programs in the natatorium, including water safety courses, swimming instruction for all ages and levels, children’s learn to swim programs, and water workouts that build cardiovascular fitness. The Kent State Swim Club allows individuals 18 and older to train together and compete in optional swim meets. Custom programs and private lessons are also available.

Website: http://www.kent.edu/recservices/aquatics

Eligible: KSU employees, spouse, child dependents, community.

Category: Exercise, Physical Fitness, Recreation, Safety, Weight Management.

Cost: Costs are dependent on course type and membership status.

Additional Information: All courses are instructed by American Red Cross-certified instructors.
Recreational Services

Service: Climbing Clinics
Contact: Chris John
Phone: 330.672.2803
Email: cjohn4@kent.edu

Description of Program: The Department of Recreational Services’ Outdoor Adventure Center offers a variety of climbing clinics on their 35-foot indoor rock climbing. Clinics include beginner, intermediate and advanced level instruction. Family clinics and clinics for other large groups are available as well. Clinics are open to both SRWC members and non-members.

Website: http://www.kent.edu/recservices/climbing-wall

Eligible: KSU employees, spouse, child dependents, all SRWC members.

Category: Exercise, Physical Fitness, Recreation, Safety.

Cost: Costs are dependent on membership status and clinic type as well as equipment rentals (if needed).

Additional Information: Waiver consent is needed for all minors (under 18) to use the indoor climbing wall.

Service: Climbing Wall
Contact: Chris John
Phone: 330.672.2803
Email: cjohn4@kent.edu

Description of Program: Inside the SRWC is an indoor climbing wall that is 35-feet high with 12 different climbing stations and 2,500 square feet of climbing surface. The wall is available for individual climbing as well as group rentals, birthday parties, and team building opportunities.

Website: http://www.kent.edu/recservices/climbing-wall

Eligible: KSU employees, spouse, child dependents, all SRWC members.

Category: Exercise, Physical Fitness, Recreation, Weight Management.

Cost: Costs are dependent on program, equipment rental needs and membership status. Ranges from $4 - $25 for individual climbing.

Additional Information: N/A
Recreational Services

Service: Crooked River Adventures
Contact: Chris John
Phone: 330.672.2803
Email: cjohn4@kent.edu

Description of Program: Crooked River Adventures offers trips along the Cuyahoga River to three destinations, all with easy-to-navigate routes and beautiful views. The livery, located at Tannery Park in downtown Kent, is open seasonally and also offers bike and tube rentals.

Website: https://www.kent.edu/recservices/crooked-river-adventures

Eligible: KSU employees, spouse, community.

Category: Exercise, Physical Fitness, Recreation.

Cost: Costs are dependent on boat choices and length of trip.

Additional Information: Participants must be at least 3 years old to ride in a canoe and 8 years old to use a kayak.

Service: Customized Fitness Programs
Contact: Fitness Suite
Phone: 330.672.0485
Email: fitwell@kent.edu

Description of Program: Customized programs are private classes or presentations designed for specific groups. Customized programs are ideal for groups wanting private or specialized instruction. They are also great for team building and corporate retreats. Most programs accommodate 40 participants. Each program is 60-75 minutes in length.

Website: https://www.kent.edu/recservices/customized-fitness-programs

Eligible: KSU employees, spouse.


Cost: $60 for affiliate partner;$75 for community

Additional Information: N/A
**Recreational Services**

**Service:** DXA Body Composition Testing

**Contact:** Ben Cope  
**Phone:** 330.672.0485  
**Email:** bcope1@kent.edu

**Description of Program:** DXA technology provides the best solution for people looking for highly accurate information regarding body composition. The DXA scan measures body fat percentage using dual energy x-ray absorptiometry in a simple, non-invasive 10 minutes test. The DXA scan is performed at the DeWeese Health Center. Appointments can be scheduled in the Fitness Suite at the SRWC.

**Website:**  
[https://www.kent.edu/recservices/dxa-body-composition-testing-0](https://www.kent.edu/recservices/dxa-body-composition-testing-0)

**Eligible:** KSU employees, spouse, dependents and community.

**Category:** Exercise, Health Education, Nutrition, Physical Fitness, Preventative Service, Weight Management.

**Cost:** Initial Scan $40, Two scan package $70

**Additional Information:** N/A

**Service:** Equipment Issue Desk

**Contact:** Recreational Services  
**Phone:** 330.672.4732  
**Email:** recservices@kent.edu

**Description of Program:** Recreational equipment is available to borrow at the Equipment Issue desk, located on the lower level of the SRWC. Any member may borrow equipment by presenting their membership card or FLASHcard. Available equipment includes badminton birdies/racquets, basketballs, soccer balls, ping-pong paddles and balls, racquetball balls and racquets, safety goggles, indoor and outdoor volleyballs, stopwatch, weight belts and more. Disk Golf sets are also available for members to check out for free from the Pro Shop.

**Website:**  
[https://www.kent.edu/recservices/equipment-issue](https://www.kent.edu/recservices/equipment-issue)

**Eligible:** KSU employees, spouse, child dependents, all SRWC members.

**Category:** Exercise, Physical Fitness, Recreation.

**Cost:** None for SRWC members.

**Additional Information:** The equipment is to be used in or at the SRWC.
**Recreational Services**

**Service:** Facility Rentals

**Contact:** Recreational Services
**Phone:** 330.672.4732
**Email:** recservices@kent.edu

**Description of Program:** The SRWC offers a wide array of facility rentals for on and off campus organizations. Groups may reserve anything from the entire SRWC (after regular hours) to a multipurpose gym, a basketball court, the climbing wall, a studio, seminar rooms, or the natatorium.

**Website:** [http://www.kent.edu/recservices/facility-rentals](http://www.kent.edu/recservices/facility-rentals)

**Eligible:** KSU employees, spouse, child dependents, community.

**Category:** Entertainment, Exercise, Physical Fitness, Recreation.

**Cost:** Costs are dependent on rental type, rental length and membership status.

**Additional Information:** Custom rentals can be negotiated with the SRWC.

**Service:** Fitness Assessments

**Contact:** Recreational Services
**Phone:** 330.672.4732
**Email:** recservices@kent.edu

**Description of Program:** The Fitness Suite, located on the lower level of the SRWC, is an excellent wellness resource. Services include a variety of fitness assessments and prescriptions, registration for SRWC fitness programs, as well as a skilled staff of personal trainers and consultants who can provide expert answers to your questions about personal fitness. Fitness assessments and prescriptions are available to both SRWC members and non-members.

**Website:** [https://www.kent.edu/recservices/fitness-assessment-0](https://www.kent.edu/recservices/fitness-assessment-0)

**Eligible:** KSU employees, spouse, child dependents, all SRWC members.

**Category:** Exercise, Health Education, Nutrition, Physical Fitness, Weight Management.

**Cost:** Costs are dependent on service requested and membership status.

**Additional Information:** N/A
Recreational Services

Service: Fitness Consultations

Contact: Ben Cope
Phone: 330.672.4798
Email: bcope1@kent.edu

Description of Program: Fitness consultations at the SRWC include a wide range of orientations and assessments to help individuals gauge their fitness level and progress. Free user orientations help patrons become more familiar with the fitness equipment in the SRWC. Fitness assessments, nutrition counseling and diet prescriptions help individuals maintain their personal health and wellness goals.

Website: https://www.kent.edu/recservices/personal-training-and-fitness-consultations

Eligible: KSU employees, spouse, community.

Category: Exercise, Physical Fitness, Recreation, Weight Management.

Cost: Costs are dependent on course type and membership status.

Additional Information: N/A

Service: Flashfleet

Contact: Chris John
Phone: 330.672.2803
Email: cjohn4@kent.edu

Description of Program: Flashfleet is a third generation, technology-based bike share program. Bikes can be checked out through a mobile app or kiosk station around the Kent campus. Memberships as well as daily rates are available.

Website: https://www.kent.edu/recservices/flashfleet

Eligible: KSU employees, spouse, community.

Category: Exercise, Physical Fitness, Recreation, Transportation

Cost: $2 per hour for pay as you go use or $35/year for faculty and staff membership that entitles the member to up to 3 hours of use each day.

Additional Information: N/A
Recreational Services

Service: Group X Classes
Contact: Leslie Brooks
Phone: 330.672.0475
Email: lbrook14@kent.edu

Description of Program: The Group X program at the SRWC offers a fun, diverse range of drop-in style group exercise classes. Classes include Spinning, Zumba, yoga, TRX, kettlebells, aqua fitness and more!

Website: https://www.kent.edu/recservices/spring-group-x-schedule-0

Eligible: KSU employees, spouse.
Category: Exercise, Physical Fitness, Recreation.
Cost: $5 per single class or $40 for a 12-punch semester pass or $50 for an unlimited semester pass

Additional Information: Access into the SRWC, as well as a Group X pass, must be purchased in order to attend a Group X class.

Service: Intramurals and Community Sports
Contact: Greg Bailey
Phone: 330.672.0463
Email: gbailey@kent.edu

Description of Program: Recreational Services offers a number of sport leagues each semester. Intramural sports are open to Kent State students, faculty, staff and their spouses. Typical offerings include flag football, outdoor soccer, volleyball, softball and various tournaments. Recreational Services also offers a volleyball and basketball community league each semester that is open to the public.

Website: https://www.kent.edu/recservices/sports

Eligible: KSU employees, spouse, community.
Category: Exercise, Physical Fitness, Recreation.
Cost: Costs are dependent on the sport and season

Additional Information: N/A
**Recreational Services**

**Service:** Kent State University Disc Golf Course

**Contact:** Chris John  
**Phone:** 330.672.2803  
**Email:** cjohn4@kent.edu

**Description of Program:** Recreational Services offers an 18-hole championship caliber Disc Golf Course that is free and open to the community, students and staff. The course starts and ends at the SRWC. Discs are also free to rent in the Pro Shop.

**Website:** [https://www.kent.edu/recservices/disc-golf](https://www.kent.edu/recservices/disc-golf)

**Eligible:** KSU employees, spouse, child dependents, all SRWC members, community

**Category:** Physical Fitness, Recreation

**Cost:** Free

**Additional Information:** Scorecards are available outside the SRWC by the course map.

**Service:** Kent State Ice Arena- birthday parties and facility rentals

**Contact:** Ice Arena Guest Services  
**Phone:** 330.672.RINK

**Description of Program:** The Kent State Ice Arena is the perfect place to host your child’s birthday party! Party packages are available during public skating sessions or as a private ice rental. Private ice rentals for skating and hockey groups are also available.

**Website:** [https://www.kent.edu/recservices/ice-arena](https://www.kent.edu/recservices/ice-arena)

**Eligible:** KSU employees, spouse, child dependents, all SRWC members.

**Category:** Events, Physical Fitness, Recreation.

**Cost:** Rental costs vary depending on specific needs and length of rental

**Additional Information:** Skates are available to rent from the Kent Skate Ice Arena for a nominal fee.
Recreational Services

Service: Kent State Ice Arena - programs and public skating

Contact: Juliann Bontrager
Phone: 330.672.20782
Email: jbontra1@kent.edu

Description of Program: The Kent State Ice Arena offers a wide range of programs as well as public skating sessions for the community. Learn to Skate and Learn to Play Hockey lessons are available for all ages and skill levels. Public skating sessions are offered throughout the week and are open to the community.

Website: https://www.kent.edu/recservices/ice-arena

Eligible: KSU employees, spouse, community.

Category: Exercise, Physical Fitness, Recreation.

Cost: Cost varies depending on the program

Additional Information: Faculty and staff receive a discounted admission rate for public skating sessions.

Service: Lifestyle Wellness Coaching

Contact: Leslie Brooks
Phone: 330.672.0475
Email: lbrook14@kent.edu

Description of Program: This program is an action-centered partnership of wellness, fitness and health that empowers clients to realize and move towards their goals using coaching techniques and creative action planning.

Website: https://www.kent.edu/recservices/fitness-wellness

Eligible: KSU employees, spouse, community.

Category: Exercise, Physical Fitness, Wellness.

Cost: $65 for six full sessions; $15-$20 per individual session

Additional Information: Follow up sessions can be conducted over phone or email.
Recreational Services

Service: Massages

Contact: Ben Cope
Phone: 330.672.4798
Email: bcope1@kent.edu

Description of Program: The SRWC offers a variety of massages including relaxation, therapeutic, sports, prenatal and deep tissue massages. Massage therapy ranges from hour-long deep tissue massage at the SRWC to onsite mini-chair massage, where your entire staff can enjoy a soothing massage right at your work site. Massage therapy is a great way to unwind after a long stressful workday.

Website: http://www.kent.edu/recservices/massage

Eligible: KSU employees, spouse, community.

Category: Exercise, Recreation.

Cost: Costs are dependent on type and length of massage.

Additional Information: N/A

Service: Membership – Student Recreation & Wellness Center

Contact: Recreational Services
Phone: 330.672.4732
Email: recservices@kent.edu

Individual employees pay less than $10 each pay period when they purchase an annual membership with payroll deduction; companion and family memberships are also available at discounted rates.

Website: http://www.kent.edu/recservices/facultystaff-memberships

Eligible: KSU employees

Category: Exercise, Recreation.

Cost: Dependent on type of membership (single, family, etc.)

Additional Information: N/A
Recreational Services

**Service:** Outdoor Rental Center

**Contact:** Chris John  
**Phone:** 330.672.2803  
**Email:** cjohn4@kent.edu

**Description of Program:** The outdoor rental center offers outdoor equipment for rent at reasonable rates to both SRWC members and non-members. Equipment includes camping, kayaking, backpacking and canoeing gear. The Outdoor Rental Center also has a fleet of canoes and kayaks for group rentals.

**Website:** [http://www.kent.edu/recservices/outdoor-rental-center-0](http://www.kent.edu/recservices/outdoor-rental-center-0)

**Eligible:** KSU employees, spouse, community.

**Category:** Exercise, Physical Fitness, Recreation.

**Cost:** Costs are dependent on rental type, rental length, and membership status

**Additional Information:** Renter must be 18 years old to check out rentals. Reservations can be made up to a month in advance.

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**Service:** Outdoor Trips/Instruction

**Contact:** Chris John  
**Phone:** 330.672.2803  
**Email:** cjohn4@kent.edu

**Description of Program:** Outdoor trips and workshops are offered each semester. Past trips have included cooking, trip leader training and team builder/leadership challenge training. Trips are available to both SRWC members and non-members.

**Website:** [http://www.kent.edu/recservices/outdoor-clinics](http://www.kent.edu/recservices/outdoor-clinics)

**Eligible:** KSU employees, spouse, child dependents, all SRWC members.

**Category:** Exercise, Physical Fitness, Recreation, Safety.

**Cost:** Costs are dependent on type of trip or instruction.

**Additional Information:** Many outdoor trips/instruction require a pre-program meeting for eligibility. Trips/instructions are subject to seasonal effects. Because of this, the SRWC reserves the right to alter programs for participant safety and to maximize the experience. Trips/instruction may be cancelled due to low enrollment.
Recreational Services

**Service:** Personal Training
**Contact:** Ben Cope  
**Phone:** 330.672.4798  
**Email:** bcope1@kent.edu

**Description of Program:** A personal trainer will design and implement a customized exercise program based on the individual’s fitness goals and specific needs.

**Website:**  
https://www.kent.edu/recservices/personal-training-and-fitness-consultations

**Eligible:** KSU employees, spouse, community.

**Category:** Exercise, Physical Fitness, Recreation, Weight Management.

**Cost:** Costs are dependent on course type and membership status.

**Additional Information:** N/A

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**Service:** Reformer Pilates
**Contact:** Leslie Brooks  
**Phone:** 330.672.0475  
**Email:** lbrook14@kent.edu

**Description of Program:** Pilates Reformer machines work the entire body, focusing on the core to create long and lean muscles without adding bulk. Prior mat Pilates experience is suggested, but not necessary.

**Website:**  
https://www.kent.edu/recservices/reformer-pilates

**Eligible:** KSU employees, spouse, dependents and community.

**Category:** Exercise, Physical Fitness, Recreation.

**Cost:** $10 for students, $12 for members, $14 for non-members per hour (discounts are available for multiple session packages)

**Additional Information:** N/A
Recreational Services

Service: Special Events and Races
Contact: Abby Millsaps
Phone: 330.672.0465
Email: amillsap@kent.edu

Description of Program: The Department of Recreational Services hosts a number of special events, including two annual 5K races, each year. The Bowman Cup 5K Race is offered on Homecoming in the fall while the Black Squirrel 5K Race is offered in early April. In addition to races, the Department also hosts free community events, including open houses and family events.

Website: https://www.kent.edu/recservices/special-events-and-races-0

Eligible: KSU employees, spouse, child dependents, all SRWC members.

Category: Events, Physical Fitness, Recreation.

Cost: Costs vary per event.

Service: Teambuilding (TLC)
Contact: Chris John
Phone: 330.672.2803
Email: cjohn4@kent.edu

Description of Program: Teambuilding and Leadership Challenges (TLC) can help any group improve teamwork and communication skills, as well as serve as a welcome retreat from stress. Challenges range from games and trust exercises to low and high-challenge courses where groups work together to accomplish goals. TLC programs are available to all university organizations.

Website: http://www.kent.edu/recservices/teambuilding

Eligible: KSU employees, spouse, child dependents, non-profit, corporate organizations.

Category: Behavioral Health, Exercise, Physical Fitness, Recreation, Teambuilding and Cooperation.

Cost: Costs are dependent on group size, group type, and TLC program desired.

Additional Information: N/A
Recreational Services

**Service:** Youth Programs/ PEAK Summer Camp

**Contact:** Phelan Fletcher  
**Phone:** 330.672.0460  
**Email:** pfletch3@kent.edu

**Description of Program:** The Department of Recreational Services offers learn to swim lessons, learn to skate lessons, a youth swim team, a Home School Gym and Swim program and PEAK Summer Camps for kids. Programs are based on age groups and aim to improve fitness, teamwork and learning.

**Website:** [http://www.kent.edu/recservices/youth-programming-0](http://www.kent.edu/recservices/youth-programming-0)

**Eligible:** Child dependents, community.

**Category:** Exercise, Physical Fitness, Recreation, Weight Management.

**Cost:** Costs are dependent on course type and membership status.

**Additional Information:** Additional Youth Programs and special events are offered on a regular basis. Visit our website for the most up-to-date programs and event offerings.
Speech, Pathology & Audiology

Service: Auditory Processing Evaluations
Contact: Speech and Hearing Clinic
Phone: 330.672.2672
Fax: 330-672-2643

Description of Program:
In addition to basic speech, hearing and language services, the KSU Speech and Hearing Clinic also offers specialty services such as auditory processing evaluations and therapy, auditory brainstem response (ABR) audiometry, and aural rehabilitation classes for the hearing impaired. All of these services are available at an affordable price for both KSU employees and the public.

Website: www.kent.edu/ehhs/hs/spa

Eligible: KSU employees and their dependents, KSU students and the community.

Category: Communication Improvement, Preventative Services.

Cost: Costs are dependent on services needed.

Additional Information:
The KSU Speech and Hearing Clinic is a provider for Medical Mutual, Anthem Blue Cross/Blue Shield and Medicaid. Please consult your provider regarding covered services. Employees with other medical insurance should contact the clinic for a list of fees.

Service: Speech/language evaluations and therapy - Hearing evaluations and related services
Contact: Speech and Hearing Clinic
Phone: 330-672-2672
Fax: 330-672-2643

Description of Program:
The KSU Speech and Hearing Clinic offers evaluations and therapy for a wide range of speech and language disorders, such as articulation, language, autism spectrum disorder (ASD), voice, stuttering, head trauma and aphasia. All of these services are available at an affordable price for KSU employees, students and the public. In addition, the Audiology Clinic offers hearing evaluations, hearing aid evaluations, central auditory processing evaluations, consultation regarding assisted listening devices, and related services such as ear mold impressions for noise protection and swimming.

Website: http://www.kent.edu/ehhs/hs/spa

Eligible: KSU employees and their spouses/child dependents, KSU students, and the community.

Category: Communication Improvement, Preventative Services.

Cost: Costs are dependent on services needed.

Additional Information:
The KSU Speech and Hearing Clinic is a provider for Medical Mutual, Anthem Blue Cross/Blue Shield and Medicaid. Please consult your provider regarding covered services. Employees with other medical insurance should contact the clinic for a list of fees.
**Speech, Pathology & Audiology**

**Service:** English Language Proficiency  
**Contact:** Anna Schmidt  
**Phone:** 330.672.2673  
**Email:** aschmidt@kent.edu  

**Description of Program:**  
The English Language Proficiency Clinic (ELPC) is a special clinic for non-native speakers of English that focuses on individual problems with oral English communication. Each client is given a complete speech and language evaluation to determine a starting level. After this, ELPC clients meet with their tutors twice a week for 45-60 minute sessions during the KSU semester. Services are available at the high-beginner, intermediate and advanced levels. Those interested in receiving services need only a desire to improve their English; no TOEFL scores or prerequisites are required.

**Website:** [http://www.kent.edu/ehhs/hs/spa](http://www.kent.edu/ehhs/hs/spa)  

**Eligible:** KSU employees and their spouses/child dependents, KSU students, and the community.  
**Category:** Communication Improvement.  
**Cost:** Free to KSU students, minimal charge to KSU employees and the community.  
**Additional Information:** N/A  

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**Service:** Hearing Aids  
**Contact:** Myrna Powell-McMunn, Hearing Clinic Coordinator  
**Phone:** 330.672.2672  
**Email:** mforbes4@kent.edu  

**Description of Program:**  
The KSU Speech and Hearing Clinic offers a full array of on-campus service for hearing aids. Services include hearing aid sales, minor repairs and fitting. Major hearing aid repairs can also be coordinated by the KSU Speech and Pathology Department.

**Website:** [http://www.kent.edu/ehhs/hs/spa](http://www.kent.edu/ehhs/hs/spa)  

**Eligible:** KSU employees, spouses/child dependents, KSU Students and the community.  
**Category:** Communication Improvement, Preventative Services.  
**Cost:** Costs are dependent on type of product purchased or service required.  

**Additional Information:**  
The KSU Speech and Hearing Clinic is a provider for Medical Mutual, Anthem Blue Cross/Blue Shield and Medicaid. Please consult your provider regarding covered services. Employees with other medical insurance should contact the clinic for a list of fees.
Service: Hearing Evaluations

Contact: Myrna Powell-McMunn, Hearing Clinic Coordinator
Phone: 330.672.2672
Email: mforbes4@kent.edu

Description of Program:
The KSU Speech and Pathology Clinic offers complete hearing evaluations for people of all ages. The clinic has numerous audiological test suites and offers hearing evaluations at an affordable price for KSU employees and the public.

Website: http://www.kent.edu/ehhs/hs/spa

Eligible: KSU employees, spouses/child dependents, KSU Students and the community.

Category: Communication Improvement, Preventative Services.

Cost: Costs are dependent on services needed.

Additional Information:
The KSU Speech and Hearing Clinic is a provider for Medical Mutual, Anthem Blue Cross/Blue Shield and Medicaid. Please consult your provider regarding covered services. Employees with other medical insurance should contact the clinic for a list of fees.
**University Dining Services**

**Service:** Mindful Program
**Contact:** Megan Cascaldo RD, LD  
**Phone:** 330-672-8722  
**Email:** mcascald@kent.edu

**Description of Program:**  
Mindful is an approach to dining that focuses on the clarity of understanding nutrition literacy of ingredients, delectable dishes and fulfilling portions that will result in Mindful choices becoming second nature. Meals in the dining halls as well as items throughout the markets are labeled with icons that will indicate whether the food is vegan, vegetarian, organic, locally grown or Mindful (meaning it has met criteria to be deemed overall healthy).

**Website:**  
[http://www.kent.edu/dining/dietary-considerations](http://www.kent.edu/dining/dietary-considerations)

**Eligible:** KSU students, employees, visitors  
**Category:** Healthy Eating/Nutrition  
**Cost:** N/A  
**Additional Information:**

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**Service:** MyFitnessPal
**Contact:** Megan Cascaldo RD, LD  
**Phone:** 330-672-8722  
**Email:** mcascald@kent.edu

**Description of Program:**  
University Dining Services has made it simpler to track your personal nutrition and fitness objectives with the MyFitnessPal app on your smart phone. Menu signs in the dining halls include a bar code compatible with the MyFitnessPal app. Meals or snacks can be added by simply scanning the barcode.

**Website:**  
[http://www.kent.edu/dining/myfitnesspal](http://www.kent.edu/dining/myfitnesspal)

**Eligible:** KSU students, employees, visitors  
**Category:** Healthy eating, nutrition  
**Cost:** N/A  
**Additional Information:**

N/A
University Dining Services

Service: OPT Healthy Vending
Contact: Megan Cascaldo RD, LD
Phone: 330-672-8722
Email: mcascald@kent.edu

Description of Program:
Look for OPT Healthy in vending machines across the Kent campus. OPT labeled snacks are clearly marked in the vending machines and contain 200 calories or less, reduced saturated fat, trans-fat free and contain low amounts of sodium and cholesterol.

Website:
Eligible: KSU students, employees, visitors
Category: Healthy eating, nutrition
Cost: N/A
Additional Information: N/A

Service: Simple Servings / Veggie-A-Go-Go
Contact: Megan Cascaldo RD, LD
Phone: 330-672-8722
Email: mcascald@kent.edu

Description of Program:
For students and employees dining with food allergies, we present the Simple Servings station in Eastway Café. This station serves entrees and side dishes seven days a week. Lunch and dinner entrees are free from seven of the common food allergens as well as gluten. The meals served at this station are prepared in separate cooking equipment and all chefs and managers have completed a training program certifying them in handling food allergies on a campus setting.

Website:
Eligible: students, employees, visitors
Category: Healthy eating, nutrition
Cost: N/A
Additional Information:
**University Health Services**

**Service:** DXA Body Composition Testing

**Contact:** Linnea Ray  
**Phone:** 330.672.8260  
**Email:** lkray@kent.edu

**Contact:** Recreational Services  
**Address:** 1550 Ted Boyd Drive, Kent State University, Kent OH, 44242  
**Phone:** 330.672.4732  
**Email:** recservices@kent.edu

**Description of Program:**  
DXA technology provides the best solution for people looking for highly accurate information regarding body composition. The DXA scan measures body fat percentage using dual energy x-ray absorptiometry in a simple, non-invasive 10-minute test. The DXA scan is performed at the DeWeese Health Center. Appointments can be scheduled in the fitness suite at the SRWC.

**Website:**  
http://www.kent.edu/recservices/dxa-body-composition-testing

**Eligible:** KSU students, employees, spouse.

**Category:** Preventive Services.

**Cost:** Initial Scan $40, Two scan package $70

**Additional Information:**  
N/A

**Service:** Great American Smokeout  
(Office of Health Promotion)

**Contact:** University Health Services  
**Address:** 1500 Eastway Drive, Kent State University, Kent OH, 44242  
**Phone:** 330.672.8266  
**Email:** info@kent.edu

**Description of Program:**  
The Great American Smokeout is a chance for smokers to give up tobacco for 24 hours; if you can quit for a day, why not forever? The Great American Smokeout is held every year on the third Thursday in November.

**Website:**  
http://www.kent.edu/UHS/special-events

**Eligible:** KSU employees, spouse, child dependents, community.

**Category:** Behavioral Health, Health Education.

**Cost:** N/A

**Additional Information:**  
N/A
**University Health Services**

**Service:** HIV Testing

**Contact:** University Health Services  
**Address:** 1500 Eastway Drive, Kent State University, Kent OH, 44242  
**Phone:** 330.672.8266

**Description of Program:**  
The Office of Health Promotion, in cooperation with the Community AIDS Network, offers free, confidential HIV testing at the DeWeese Health Center. Testing is typically offered at least three times a semester. Participants will not have to provide a name for testing. To schedule an appointment, call University Health Services - Office of Health Promotion at 330.672.2320.

**Website:** [https://www.kent.edu/UHS/free-hiv-testing](https://www.kent.edu/UHS/free-hiv-testing)

**Eligible:** KSU employees, employee dependents, students and community.

**Category:** Preventive Services.

**Cost:** N/A

**Additional Information:** N/A

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**Service:** Immunizations

**Contact:** University Health Services  
**Address:** 1500 Eastway Drive, Kent State University, Kent OH, 44242  
**Phone:** 330.672.2322  
**Email:** immunizations@kent.edu

**Description of Program:**  
Routine immunizations are available for students and employees at University Health Services.  
**THESE IMMUNIZATIONS INCLUDE:**  
- Measles Mumps and Rubella (MMR)  
- Hepatitis A and B Vaccines  
- Tetanus Diphtheria Pertussis Vaccine (Tdap)  
- Meningococcal Vaccine  
- Influenza Vaccine  
- Pneumonia Vaccine  
- Shingles Vaccine  
- HPV Vaccine  
- Varicella Vaccine  
- Travel vaccines are also available  
- Tuberculosis screening with skin test or blood test is available.

**Website:** [http://www.kent.edu/UHS/immunizations](http://www.kent.edu/UHS/immunizations)

**Eligible:** KSU employees, employee dependents, students

**Category:** Preventive Services.

**Cost:** Costs are dependent on insurance.

**Additional Information:**  
Employees and their dependents covered by one of the University’s group health plans can have University Health Services bill the medical carrier directly as some immunizations and vaccines are covered under Kent State’s employee group health plans. To make an appointment call 330.672.2322
University Health Services

Service: Influenza Vaccination

Contact: University Health Services
Address: 1500 Eastway Drive, Kent State University, Kent OH, 44242
Phone: 330.672.2322
Email: immunizations@kent.edu

Description of Program:
University Health Services offers flu vaccines at both Kent and Regional Campuses every fall.

Website: https://www.kent.edu/UHS/flu-clinic

Eligible: KSU employees, dependents > age 6, students

Category: Preventive Services.

Cost: Insurance may be billed for flu vaccine if covered by your plan. Reasonable self-pay rate available.

Service: Laboratory Services

Contact: University Health Services
Phone: 330.672.2322

Description of Program:
KSU Health Services offers a variety of lab testing. You may have labs ordered by your private physician drawn at our lab. Results will be faxed or called to your private physician.

Website: www.kent.edu/uhs

Eligible: KSU employees, spouses, students

Category: Medical Services

Cost: Costs are dependent on service needed.

Additional Information:
Insurance may be billed for services.
University Health Services

Service: Medical Appointments
Contact: University Health Services
Phone: 330.672.2322
Email: N/A

Description of Program:
University Health Services is a full service primary care medical facility. We can meet the majority of your health care needs including acute problems such as fevers, respiratory illnesses, stomach pains, sprains and strains, skin rashes, and minor emergencies. Appointments in our general medical and women’s health clinic are available for students, faculty and staff. Most insurance plans accepted and reasonable self-pay rates are available.

Website:
https://www.kent.edu/UHS/medical-services

Eligible: KSU employees, students.
Category: Medical Services
Additional Information:

Service: National Alcohol Screening Day ®
Contact: Scott Dotterer
Phone: 330.672.8266
Email: sdottere@kent.edu

Description of Program:
National Alcohol Screening Day® (NASD) is an annual event that provides information about alcohol and health as well as free, anonymous screening for alcohol-use disorders. The program is designed to provide outreach, screening and education about alcohol’s effects on health for the public. NASD is typically held around the first week in April every year.

Website:

Eligible: KSU employees, spouse, dependents, students, community.
Category: Health Education, Preventive Services.
Cost: N/A
Additional Information:
N/A
Service: National Depression Screening Day®

Contact: Psychological Services: 330.672.2487
Dr. John Schell at jschell@kent.edu
Dr. Carrie Berta at cberta@kent.edu

Description of Program:
National Depression Screening Day® (NDSD) is a nationwide, community-based mental health-screening program. NDSD offers both in-person and online screening for four of the most common and frequently co-occurring mental disorders: depression, bipolar disorder, generalized anxiety disorder and post-traumatic stress disorder. National Depression Screening Day® is held every October annually.

Website: http://www.kent.edu/national-depression-screening-day

Eligible: KSU employees, spouse, community.

Category: Health Education, Preventive Services.

Cost: N/A

Additional Information:
A confidential online screening module is also available 24-hours per day throughout the year, and provides individuals with feedback, referrals and resources upon completion. KSU’s online screening can be found at this URL: http://screening.mentalhealthscreening.org/kent

Service: Osteoporosis Screenings

Contact: Linnea Ray
Phone: 330.672.8260
Email: lkray@kent.edu

Description of Program:
University Health Services offers DXA osteoporosis screenings both employees and eligible dependents with a physician’s order.

Website: N/A

Eligible: KSU students, employees, spouse.

Category: Preventive Services.

Cost: Insurance may be billed for services. Check with your insurance company to see if this is a covered benefit.

Additional Information:
Insurance may be billed for services.
**University Health Services**

**Service:** Pharmacy  
**Contact:** Pharmacy  
**Phone:** 330.672.8254  
**Email:** N/A

**Description of Program:** The pharmacy at University Health Services fills prescriptions and provides over-the-counter medications to students, faculty and staff of Kent State University. In addition to the convenience provided to students, many items can be purchased at considerable cost savings.

**Website:** [https://www.kent.edu/UHS/pharmacy](https://www.kent.edu/UHS/pharmacy)

**Eligible:** KSU employees, students.

**Category:** Pharmacy Services  
**Additional Information:** Caremark and Optum insurance accepted.

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**Service:** Physical Therapy  
**Contact:** Physical Therapy  
**Phone:** 330.672.2098  
**Email:** N/A

**Description of Program:** Rehabilitation services at University Health Services are designed to help individuals recover optimal functional status after an illness or injury. Whenever possible, our goal is to assist patients in recovering full function. Our therapists provide a variety of physical therapy services to meet each patient's individual needs.

**Website:** [https://www.kent.edu/uhs](https://www.kent.edu/uhs)

**Eligible:** KSU employees, students.

**Category:** Medical Services  
**Additional Information:** Outside physician orders welcome. Appointment required.
**University Health Services**

**Service:** Radiology  
**Contact:** Radiology  
**Phone:** 330.672.8260  
**Email:** N/A  

**Description of Program:** The Radiology Department provides basic x-ray services and DXA scans as ordered by a clinician. The department is staffed by Ohio licensed and ARRT registered radiographers. A board certified radiologist provides an interpretation of all X-rays.

**Website:** [https://www.kent.edu/UHS/radiology](https://www.kent.edu/UHS/radiology)  

**Eligible:** KSU employees, students.  
**Category:** Medical Services  
**Additional Information:** UHS Accepts outside orders for X-rays.

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**Service:** Relay for Life  
(Office of Health Promotion)  
**Contact:** University Health Services  
**Address:** 1500 Eastway Drive, Kent State University, Kent OH, 44242  
**Phone:** 330.672.2322  
**Email:** info@kent.edu  

**Description of Program:** Relay for Life is a fun-filled overnight event designed to celebrate survivorship and raise money for research and programs of your American Cancer Society. During the event, teams gather at the KSU fieldhouse and take turns walking or running laps. Each team tries to keep at least one team member on the track at all times. The event is held annually in April.

**Website:** [http://main.acsevents.org/site/TR?pg=entry&fr_id=65925](http://main.acsevents.org/site/TR?pg=entry&fr_id=65925)  

**Eligible:** KSU students, employees, spouse, child dependents, community.  
**Category:** Exercise, Physical Fitness, Recreation, Weight Management.  
**Cost:** N/A  
**Additional Information:**

N/A
University Health Services

Service: Smoking Cessation Program
(Office of Health Promotion)
Contact: Scott Dotterer
Phone: 330.672.8266
Email: sdottere@kent.edu

Description of Program:
The Office of Health Promotion has partnered with the American Cancer Society to offer KSU students a chance to participate in the American Cancer Society’s Smoking Cessation Program. The program is designed to help smokers by providing information and strategies to support a personal effort to stop smoking.

Website: https://www.kent.edu/UHS/smoking-cessation

Eligible: KSU students.
Category: Behavioral Health, Health Education.
Additional Information: N/A

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Service: World AIDS Day
(Office of Health Promotion)
Contact: Scott Dotterer
Phone: 330.672.8266
Email: sdottere@kent.edu

Description of Program:
World AIDS Day is an annual chance to learn the facts about AIDS and HIV infection. It is also a chance to learn what you can do to help those who suffer from AIDS or HIV. World AIDS Day is held December 1st every year.

Website: https://www.kent.edu/UHS/special-events

Eligible: KSU employees, spouse, child dependents, students, community.
Category: Health Education.
Cost: N/A
Additional Information: N/A
Women’s Center

Service: Crisis Intervention
Contact: Women’s Center
Phone: 330.672.9230
Address: Alumni Carriage House, 125 Midway Drive
Email: wc@kent.edu

Description of Program:
Staff are available to provide support, resources and referrals to students, faculty and staff around women's health, academic issues and personal issues. Although we may not always be able to provide all you need, we will work with you to help you connect to the appropriate community and campus resources. We know that it can often be the “other things” that get in the way of your ability to be successful in the classroom or your work environment. We are committed to helping you get back on track.

Website: http://www.kent.edu/womenscenter/crisis-intervention

Eligible: KSU employees, students.
Category: Crisis, Counseling
Cost: N/A

Additional Information:
You may contact the Women’s Center at 330.672.9230.

Service: Educational Health Programs
Contact: Women’s Center
Phone: 330.672.9230
Address: Alumni Carriage House, 125 Midway Drive
Email: wc@kent.edu

Description of Program:
Educational programs and services are offered periodically throughout the year through the Women's Center. They may show a film, have a guest speaker or sponsor a program that makes available further health education for women. Past examples include: film on transsexuality and sexual assault prevention training.

Website: https://www.kent.edu/womenscenter/programs-events

Eligible: KSU employees, students.
Category: Health Education.
Cost: N/A

Additional Information:
You may contact the Women’s Center at 330.672.9230.
**Women’s Center**

**Service:** Emergency Assistance

**Contact:** Women’s Center

**Phone:** 330.672.9230

**Address:** Alumni Carriage House, 125 Midway Drive

**Email:** wc@kent.edu

**Description of Program:**

The center provides emergency assistance to students that need additional funding for books, academic supplies, household items, shelter and food. These funds can help a student in a crisis or transition progress toward graduation. The funds are limited and are given out on a first come first serve basis.

**Website:**
[http://www.kent.edu/womenscenter/services-support](http://www.kent.edu/womenscenter/services-support)

**Eligible:** KSU students

**Category:** Emergency Assistance

**Cost:**

**Additional Information:**
You may contact the Women’s Resource Center at 330.672.9230.

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**Service:** Lactation Rooms

**Contact:** Women’s Center

**Phone:** 330.672.9230

**Address:** Alumni Carriage House, 125 Midway Drive

**Email:** wc@kent.edu

**Description of Program:**

There are several designated lactation rooms on the Kent Campus and one room at each Regional Campus and the Twinsburg Academic Center. Each room has a table and chair and some locations also have a small refrigerator.

**Website:**
[http://www.kent.edu/hr/lactation-rooms](http://www.kent.edu/hr/lactation-rooms)

**Eligible:** KSU employees, students.

**Category:** Women’s Health

**Cost:** N/A

**Additional Information:**
Women are recommended to call the Center in advance for availability. You may contact the Women’s Center at 330.672.9230.
Women’s Center

Service: Mammograms
Contact: Women’s Center
Phone: 330.672.9230
Address: Alumni Carriage House, 125 Midway Drive
Email: wc@kent.edu

Description of Program:
The Women's Center offers screening mammograms to qualified Kent State employees, spouses and students in April and October. Dates and times vary, and are available at the Women’s Center.

Website: https://www.kent.edu/womenscenter/mammograms

Eligible: KSU employees, spouse, students
Category: Preventive Services, Women’s Health.

Cost: May be covered by participant’s insurance, or self-payment costs can be obtained by contacting the Women’s Resource Center.

Additional Information:
You may contact the Women’s Resource Center at 330.672.9230.

Service: Pregnancy & Motherhood Resources
Contact: Women’s Center
Phone: 330.672.9230
Address: Alumni Carriage House, 125 Midway Drive
Email: wc@kent.edu

Description of Program:
The Women’s Center staff strives to address the needs of individuals contemplating pregnancy related issues and serves as a welcoming location for pregnant students and mothers. Students will be treated with respect and support, regardless of topic or need.

Website: http://www.kent.edu/womenscenter/pregnancy-and-campus-resources-mothers

Eligible: KSU students, employees,
Category: Women’s Health

Cost: N/A

Additional Information:
You may contact the Women’s Resource Center at 330.672.9230
**Women’s Center**

**Service:** Sexual & Relationship Violence Support Services

**Contact:** Women’s Center  
**Phone:** 330.672.9230  
**Address:** Alumni Carriage House, 125 Midway Drive  
**Email:** wc@kent.edu

**Description of Program:**
The Office of Sexual and Relationship Violence Support Services, (SRVSS - pronounced, "serves"), at Kent State University, was established to educate students about personal safety and violence prevention, to empower them to build healthier relationships, and to be responsive to students in need. The SRVSS office offers resources and education for:
- Students  
- Faculty and Staff  
- Personal Safety  
- Sexual Assault and Rape  
- Relationship Violence  
- Stalking

It is our hope that this website will be helpful to anyone in our community who may be dealing with power-based personal violence and are in need of services, education or support.

**Website:** [http://www.kent.edu/srvss](http://www.kent.edu/srvss)

**Eligible:** KSU students, employees  
**Category:** Emergency Assistance  
**Cost:** N/A

**Additional Information:**
You may contact the Women’s Resource Center at 330.672.9230.

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**Service:** Women’s Center Pantry

**Contact:** Women’s Center  
**Phone:** 330.672.9230  
**Address:** Alumni Carriage House, 125 Midway Drive  
**Email:** wc@kent.edu

**Description of Program:**
The Women’s Center provides a pantry for those in need. Funding for perishable goods is also available. The Women's Center Pantry provides staples such as pasta, sauces, canned fruits and vegetables, rice, tuna, cereal, paper products, personal care items. etc., available free of charge to students, faculty and staff in need. While female identifying campus community members are the focus of the initiative, the pantry is available to anyone in need.

**Website:** [http://www.kent.edu/womenscenter/pantry](http://www.kent.edu/womenscenter/pantry)

**Eligible:** KSU students, employees  
**Category:** Emergency Assistance  
**Cost:** N/A

**Additional Information:**
You may contact the Women’s Resource Center at 330.672.9230.