

MAKE POSSIBLE

THE CAMPAIGN FOR
CARNEGIE MELLON UNIVERSITY

HEALTH, WELLNESS *and* ATHLETICS *at* CARNEGIE MELLON UNIVERSITY

“Helping our talented students develop and **MAINTAIN HEALTHY BODIES AND MINDS IS PARAMOUNT** to ensuring their lifelong success, both personally and professionally. We are delighted to extend our partnership with Highmark Health to bring to fruition our vision for a unified, comprehensive facility that supports many facets of students’ well-being.”

— Farnam Jahanian,
CMU President



REINVENT THE STUDENT EXPERIENCE TO ENHANCE PERSONAL HEALTH AND WELL-BEING FOR LIFE

Carnegie Mellon students are academically engaged, curious, creative and driven. They hold themselves to the highest standards, which is why they leave CMU prepared to be the world’s best researchers, engineers, artistic and creative visionaries, scientists and business innovators.

These remarkable young people deserve dedicated space and programs during their formative college years that will help them to find a critical balance between their rigorous academic work and their personal well-being, and develop positive habits, relationships and mindsets that will shape their lives and careers.

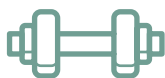
By co-locating health, wellness and counseling services in the same facility with recreation programs and Tartan Athletics, CMU will better meet students’ mental, physical, emotional, social and spiritual needs in an integrated and effective way.

With your support, we will develop spaces and programs that will help our students live healthier, richer and more balanced lives.



A NEW CENTER FOR HEALTH, WELLNESS *and* ATHLETICS

In fall 2019, Highmark Inc. accelerated Carnegie Mellon's transformational initiative with a \$35 million investment in the lives of CMU students through a lead grant to support the construction of a new health, wellness and athletics center.



This new nexus of student life will rise at the corner of Tech and Margaret Morrison streets and serve as a welcoming entrance to campus. At its heart will be a modern, integrated facility for the delivery of health, wellness and athletics programs on the site of Skibo Gymnasium.

The \$105-million, 160,000-square foot project will revitalize an underused part of campus into a destination where students will:

- Access comprehensive university healthcare and counseling services
- Meet up with teammates for practice or get in a quick workout
- Attend health and wellness workshops
- Play a pickup game
- Learn about mindfulness
- Make new friends and social connections

Here, students will lay a foundation for a lifetime of physical and mental well-being, and CMU's student-athletes will find the resources to reach their full potential — from classroom to court-side.

BRINGING IT *all* TOGETHER

Research shows that when properly resourced and delivered, health, wellness and recreation programs empower students to excel in their academic pursuits, which in turn helps with student retention, progression and graduation.

By putting these services under one roof, CMU will help students embrace health and wellness as a critical part of their studies, and prepare them for the full range of challenges in their lives.

The health, wellness and athletics building will provide a permanent home to **University Health Services (UHS)**, **Counseling and Psychological Services (CaPS)**, **wellness programs**, and **recreation and athletics facilities**. The new location will provide state-of-the-art facilities with an expanded footprint to deliver high-demand programs like preventive care, healthy living classes, counseling workshops, spirituality programs, training rooms and more.

Bringing all these services together will deepen the holistic approach to overall student health at CMU while amplifying its positive effects for Tartans today and into the future.



UNIVERSITY HEALTH SERVICES

A fully-accredited primary care health center, UHS provides individualized medical care, health education and comprehensive care management for students who need coordination of resources and services to support their health and well-being.



COUNSELING AND PSYCHOLOGICAL SERVICES

CaPS helps students achieve and maintain a healthy mind and spirit in order to support their success and personal growth. Staff offer brief-term therapy, crisis intervention and triage, and connection to Pittsburgh mental health providers, and conduct outreach education and prevention workshops.



HOLISTIC WELLNESS PROGRAMS

These initiatives provide students with opportunities to learn about self-care and self-advocacy:

- Positive habit formation
- Mindfulness
- Religious and spiritual programming
- Stress management
- Healthy eating and sleeping
- Exercise



ATHLETICS

This facility will be the home to Tartan Athletics. Its new and refreshed spaces, along with expanded resources, will enhance the fitness, health and performance of CMU athletes in a modern facility that will serve team sports, provide sports medicine, and host recreation and intramural athletics.



YOU CAN MAKE A

HOLISTIC HEALTH *and* WELLNESS PROGRAM

POSSIBLE FOR CMU STUDENTS THROUGH:

HEALTH AND WELLNESS SPACES AND INITIATIVES

Support examination rooms, common areas, classrooms, mindfulness spaces, spiritual and religious life spaces and more. Create peer education and advocacy programs, resiliency skill building programs, wellness concierge areas and a health and well-being library.

TRAINING AND COMPETITION SPACES

Provide varsity athletes with spaces for training and competition, including a performance gym, multisport practice facility, team practice and training facilities, a sports medicine suite, team locker rooms, athletes' lounges and coaches' offices.

ENDOWED PROGRAM SUPPORT

Augment the resources available to enhance critical programs and services in student health, counseling, wellness and athletics — such as endowed coaching positions or expanded CaPS services — to inspire and support CMU students to reach their maximum potential.

Carnegie Mellon University

5000 Forbes Avenue
Pittsburgh, PA 15213
makepossible.cmu.edu

**Contact
information:**

Sarah E. Mier
Senior Director, Development
412-268-3909 or smier@cmu.edu