

# HEALTH AND WELLNESS

## Accessibility Resource Center

Missouri Western State University is committed to the creation of an inclusive and safe learning environment for all students, and welcomes students with disabilities into all the University's educational programs. The **Accessibility Resource Center (ARC)** is responsible for the determination of appropriate academic adjustments, auxiliary aids, and other accommodations for students who encounter barriers due to disability. Once a student has completed the ARC process (registration, initial appointment, and submitted supporting medical/other required documentation) and reasonable accommodations are determined to be necessary and appropriate, a Letter of Accommodation (LOA) will be created for the student. Students are responsible for providing a copy of the letter to the instructor(s) and meeting with the instructor(s) privately as needed to discuss the implementation of the accommodations. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at [missouriwestern.edu/arc](https://www.missouriwestern.edu/arc) (<https://www.missouriwestern.edu/arc/>). You can contact ARC at (816) 271-4330 or via email at [arc@missouriwestern.edu](mailto:arc@missouriwestern.edu).

## Counseling Center

The Counseling Center is designed to help students with personal problems that might interfere with their educational pursuits. Counseling is a 100% free and confidential service provided to current Missouri Western State University students. Professional counselors are available to help students work through a variety of issues that they might be facing. Services commonly address: Stress, Anxiety, Depression, Grief, Anger, Relationships, Sexual Assault, Self-Esteem, Time Management, Cultural Issues, Adjusting to Life in the U.S., Study Skills, Family Concerns, Grades, Homesickness, Etc. To learn more or to schedule an appointment, please contact us at 816-271-4327, [counseling@missouriwestern.edu](mailto:counseling@missouriwestern.edu) or visit our office in Eder 203. You can also find us on the web at [griff.vn/Counseling](http://griff.vn/Counseling) (<http://griff.vn/Counseling/>).

## Recreation Services

MWSU Recreation Services Department includes the Baker Family Fitness Center, Esports Arena, Looney Complex, and outdoor amenities on campus.

The Baker Family Fitness Center includes the Nautilus Nitro cable machines, Hammer Strength weight machines, dumbbells, a multi-functioning weight station, dual cable machine, Smith Machine and various benches with free weights for lifting. The Baker Family Fitness Center also offers LifeFitness treadmills, ellipticals, bicycles, stair climbers, a Jacobs Ladder, rowing machines, and Cybex arc trainers. Fitness classes are offered during the Fall and Spring semesters and are free for members to attend. Students, Faculty and Staff can access Baker with a valid MWSU ID; some membership restrictions apply. Membership information can be found at [www.missouriwestern.edu/recreation-services/memberships/](https://www.missouriwestern.edu/recreation-services/memberships/) (<https://www.missouriwestern.edu/recreation-services/memberships/>).

The Griffon Esports Arena is filled with state-of-the-art gaming PCs, consoles, driving and flight simulators. Students can meet up with friends and classmates for some friendly games, grind out competitive matches, or even hang out and play board-games/table-top RPG's in the lounge.

The spaces houses: 24 PC Stations with Intel(R) Core(TM) i7-10700F

CPUs and NVIDIA GeForce RTX 3080 Video Cards; and 4 gaming Console Stations; Driving/Flight Simulators; and peripherals/controllers for facility check-out.

The Looney Complex houses the open gym for Students, Faculty, and Staff. A full intramural sports program is offered to enrolled students and Missouri Western personnel. The intramurals encourage the development of mental, physical, emotional and social health. In general, Missouri Western State University provides the opportunity for every individual, regardless of ability to realize the fun of participation in a favorite sport or activity at various levels of competition. For more information, visit our website: [campusrec.missouriwestern.edu/](https://campusrec.missouriwestern.edu/) (<https://campusrec.missouriwestern.edu/>).

Outdoor amenities on the beautiful MWSU campus include the Disc Golf Course, Wood Chip Trail and Intramural field. The Disc Golf Course has 18 holes located behind the Baker Family Fitness Center. More information on the course can be found at the Missouri Western DG Course Review (<https://www.dgcoursereview.com/course.php?id=1568&mode=ci>). The Intramural Practice Field is located behind Leaverton Hall.

Recreation Services is also the home of Griffon 360 - the University's official wellness initiative. Griffon 360 seeks to educate and encourage individuals to live holistically and remember the eight core areas of wellness: physical, emotional, social, financial, educational, occupational, spiritual, and environmental.

To stay up-to-date on the activities and schedules of Recreation Services, please download our app - MWSU Rec2Go. Members can check-in using a digital ID; Receive notifications for schedule changes; Register for programs; and more!

## Student Health Center

Esry Student Health Center is located on the second floor of Blum Union in Room 203. A nurse practitioner and nursing staff are available to provide assistance with health care needs through diagnosis and treatment, immunizations, health counseling, and specialist referral services. Health records are maintained with strict confidentiality.

The following is Missouri State Mandated and is required for all students:

1. Tuberculosis Screening Questionnaire

The following is Missouri State Mandated and is required for students living on campus:

1. Tuberculosis Screening Questionnaire
2. Meningococcal (Meningitis), given at 16 years of age or older

The link to complete the Tuberculosis Screening Questionnaire, as well as MWSU health policies are available on the health center's website at Esry Student Health Center (<https://www.missouriwestern.edu/student-services/health-center/>). Records may be submitted via the Student Health Portal (<https://www.missouriwestern.edu/student-services/health-center/>), faxed to (816) 271-4498 or emailed to [health@missouriwestern.edu](mailto:health@missouriwestern.edu) ([halth@missouriwestern.edu](mailto:halth@missouriwestern.edu)).

The Esry Health Center is open 8:00-4:30, Monday through Friday. Contact the Health Center at (816) 271-4495 for information regarding clinical hours and appointments or any other questions.