

THE SUPPORT REPORT

The PFW Campus Support Staff Advisory Committee (CSSAC) Newsletter

ANNOUNCEMENTS

Resource Fair: The Summer Resource Fair is coming up THIS AFTERNOON! Please come by the Skybridge 3pm-6pm to check it out.

Dine to Donate: Our second Dine to Donate fundraiser is coming up on Tuesday, June 10 at Panda Express! It applies to online orders only at any Panda Express location nationwide. See [this page](#) or the flyer for more.

Remote Work Survey: Thank you for your feedback on the remote work changes! The CSSAC board is working with APSAC to draft a formal statement to the chancellor. Stay tuned for future updates.

Campus Recreation

Campus Recreation, Walb 218, is your go-to resource for staying active, building connections, and enhancing personal well-being through physical activity. At the heart of our offerings is the Fitness Center, located in the Gates Athletic Center, a welcoming space equipped to support a wide range of fitness goals—from strength training and cardio to general wellness. For those looking to elevate their workouts, our group fitness classes and personal training sessions provide expert guidance in a motivating environment.

In addition to the Fitness Center, Campus Recreation provides a variety of programs designed to promote personal growth, and campus community engagement. Intramural sports offer a fun and friendly way to stay active and meet new people through casual competition. We host sports ranging from Flag football, volleyball, basketball, to pickleball, and disc golf. Students can join one of our many club sports teams or our rapidly growing E-Sports community. We also encourage students and staff to step outside with our outdoor programs, which include campus kayaking that connect you with nature and your peers.

Whether you're new to fitness or a seasoned athlete, Campus Recreation has something for everyone. Explore all the ways you can get involved and make the most of your time on campus—your next great experience starts here! More information about our low cost memberships and personal training options for employees, as well as our full list of group fitness classes, and campus kayaking dates, visit pfw.edu/campus-recreation.

Questions? Please reach out to the Director of Campus Recreation, Nick Brand, at brannj01@pfw.edu.

Resource Highlight: Summer Hours

Summer means changing hours for many locations on campus! Here's what's open (and when) this summer.

Einstein Bros. Bagels: Mon-Thurs 7:30am-1:30pm

Don's at Walb: Mon-Fri 10:30am-1:30pm (June-July only)

Java Spot: 9:00am-Noon

June 5, 9, 17, 19, 23, 26 | July 7, 8, 15, 17, 28, 30 only

The FRIENDS of the University Pantry: Thurs 10:00am-2:00pm
Walb location only; Cole Clubhouse location closed for summer

Fitness Center: Mon-Fri 7:00am-7:00pm

Benefit Breakdown: Center for Healthy Living

Staffed by medical professionals from One to One Health, The Center for Healthy Living on our campus provides a variety of services for all faculty and staff and their dependents covered on our medical plan. The recently remodeled clinic in Walb 234 offers acute illness care, primary/preventative care, immunizations, lab work, health coaching, and many other services. Those covered by our Purdue insurance plans can get preventative care at no charge, and non-preventative care for a flat fee of \$25.

They also offer free health coaching services. One to One's health coaches provide chronic condition management, such as diabetes or high blood pressure, tobacco cessation coaching and weight management. Currently, PFW has an opening for our on-site health coach, but health coaches are available virtually by appointment.

This year, the Center for Healthy Living launched a new, free [Weight Management program](#). This program provides an individual treatment plan with layers of support. CHL provides coaching, regular check-ups and support to help assure long-term success and disease prevention and management. Employees can access it from any CHL location and virtually.

CHL now provides free virtual [behavioral health counseling](#) to help with a wide range of issues such as relationships, anxiety, depression, grief and loss, and addiction. They can also help complete your Healthy Boiler requirements, [medication therapy management](#), sports physicals for covered dependents, flu shots and other immunizations, and [Healthcare Navigation](#).

To schedule an appointment through the CHL, you can utilize their [patient portal](#) or call (765)494-0011. While CHL isn't able to see walk-ins, there are often same day appointments available at a time convenient for you.

Connect with CSSAC!

- **Submit an idea, question, or concern to CSSAC:** Submitting a [Bridge Question](#) will bring your ideas, questions, or concerns to CSSAC's attention. You can even choose to submit anonymously.
- **Learn more about CSSAC:** Visit the [CSSAC website](#) to learn more about who we are and what we do.
- **Want to serve as a CSSAC member?** Fill out the [form](#) to let us know you're interested!

Did You Know?

PFW staff get a fitness center membership discount, and members get access to not just the fitness center, but personal training, group fitness classes, and intramural sports! Kayaking is currently free for staff even without a membership. [Learn more here.](#)