

HEALTH & WELLNESS

The Department of Health and Wellness provides high quality recreation and wellness activities to promote personal growth and lifelong physical and emotional well-being for our students. The Department is comprised of Campus Recreation, Counseling Services, and the Ken White Student Health Center. Our goal is to educate, teach, and disseminate information to improve the overall health and well-being of our students.

For more information, please visit our webpage: https://www.daltonstate.edu/campus_life/campus-rec-welcome.cms (https://www.daltonstate.edu/campus_life/health-and-wellness/campus-recreation/)

INTRAMURALS

The intramural program is designed to include all students, faculty and staff members no matter their interests. Some of the sports offered on a seasonal basis are: flag football, basketball, soccer, volleyball, dodgeball, and tennis. The program provides opportunities for every individual, regardless of ability or experience, to realize the joy of recreation participation, create programs and activities organized and administered by students, and to promote programs that are attractive alternatives for free time through physical recreation to develop lifelong habits of exercise and play.

For more information, please visit our webpage: https://www.daltonstate.edu/campus_life/intramurals.cms (https://www.daltonstate.edu/campus_life/health-and-wellness/intramurals-and-club-sports/)

OUTDOOR ADVENTURE

The outdoor adventures program is in place to provide the Dalton State community opportunities to experience the outdoors. The programs offer both recreational and educational opportunities for everyone, whether you are a beginner or an expert. The outdoor adventure program promotes lifelong learning, active leadership, and positive contributions to Northwest Georgia. Some of the trips offered include: white water rafting, hiking, snow skiing, camping, and climbing.

For more information, please visit our webpage: https://www.daltonstate.edu/campus_life/health-and-wellness/outdoor-adventures/

FITNESS

The fitness center offers a variety of programs to meet the needs of the entire Dalton State community. Fitness center amenities include cybex machines, cardio equipment, free weights, basketball court, turf field, and locker rooms with showers. Programs run through the fitness center include group fitness classes, personal training, and lectures. The Dalton State fitness center is designed for everyone; from the beginner that is interested in living a healthy lifestyle, to the more advanced student that is wanting to enhance their current program.

For more information, please visit our webpage: https://www.daltonstate.edu/campus_life/fitness-wellness-programs.cms (https://www.daltonstate.edu/campus_life/health-and-wellness/fitness-and-wellness-programs/)

STUDENT HEALTH SERVICES

The Ken White Student Health Center offers free, quality health services to currently enrolled students. These services include screening and treatment for acute viral and bacterial illnesses and treatment for minor injuries. All medical records and discussions with student health services

are confidential. The health center is located in Health Professions Suite 266. For more information on services and hours of operation visit Student Health Services (https://www.daltonstate.edu/campus_life/health-and-wellness/student-health-services/).

COUNSELING CENTER

The Counseling Center offers free and confidential individual, group, and couples counseling to currently enrolled students. The counseling offered at DSC is based on a short-term model. For longer or more intensive therapy treatment, community referrals may be provided. The Counseling Center is located inside the Ken White Student Health Center, in Health Professions Suite 266. For more information on services and hours of operation visit Counseling Services (https://www.daltonstate.edu/campus_life/health-and-wellness/counseling-center/).