

HEALTH & WELLNESS

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

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/)

STUDENT HEALTH SERVICES

The Ken White Student Health Center offers currently enrolled students free, quality health services. 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/).

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, a basketball court, a 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 interested in living a healthy lifestyle to the more advanced student who wants 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/)

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 recreational and educational opportunities for everyone, whether 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/