

The Wellness Center offers a variety of Complementary Alternative therapies.

Come by and experience one of our services while enjoying a complimentary cup of herbal tea to enhance your wellness experience.

Now you don't have to go off-campus to pamper yourself. We invite you to visit us at the University Health Services Complex (UHSC).

We hope that during your visit you can "Relax, Feel Good, and Be Well."



Other Wellness Services Available

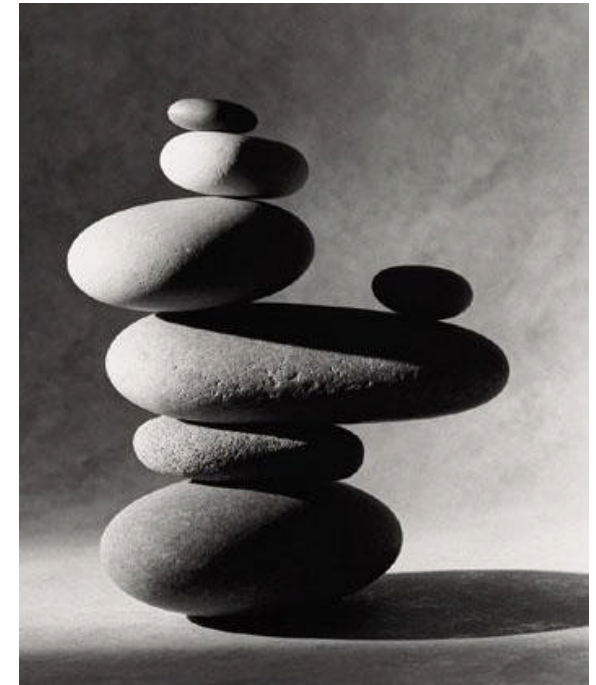
- Aromatherapy consultations
- Nutrition
- Fitness assessments
- Smoking Cessation
- Stress Management



For more information or to make an appointment please contact the UPC Wellness Center:
(305) 348-4020

Find Your Balance...

At the Wellness Center



Complementary Alternative Therapies

Mind/Body Conditioning Classes



Relax your mind and body with our Mind/Body Conditioning classes. We currently offer Hatha yoga and “Relax Refresh, Refocus” classes focusing on breathing techniques, light stretching, and visualization exercises.

Classes are offered 5 times per week in the University Health Services Complex.

Hatha Yoga

Tuesdays and Thursdays: 5:00-6:30 PM

Relax, Refresh, Refocus

Mondays and Thursdays: 12:00-1:00 PM.

Beginner Yoga

Fridays: 12:00-1:00 PM.

Fee Schedule

	Day Pass	Bi-Weekly	Semester
Faculty/Staff	\$5.00	\$20.00	\$80.00
*Alumni	\$8.00	\$40.00	\$120.00
Guests	\$10.00	\$60.00	\$160.00
Student	N/A	N/A	N/A

*Alumni prices are only available to current dues paying members of the FIU Alumni Association

Massage

Massage therapy is the hands-on manipulation of soft tissues and joints in the body.

Massage therapy has been noted to:

- Relax tight and tense muscles
- Improve circulation
- Improves immune system function
- Reduces overall stress
- Provide an overall feeling of wellness



Massages are available at the Wellness Center every other Wednesday from 9:30 AM -12:30 PM.

Fee Schedule

	**Massage
Student/Faculty/Staff	\$30.00
*Alumni	\$45.00
	***MBC Package
Faculty/Staff	\$90.00
*Alumni	\$150.00

**Includes 30 minutes of massage with a licensed massage therapist

***MBC Package includes one semester pass for Mind/Body Conditioning classes(\$80) and 30-minutes of massage (\$30).

Acupuncture

Acupuncture is one of the oldest, most commonly used medical procedures in the world, originating in China more than 2,000 years ago.

Acupuncture has been used in the treatment of:

- Weight loss
- Headache
- Low back pain
- Menstrual cramps
- Fibromyalgia
- Carpal tunnel

Acupuncture is available at the Wellness Center every Friday from 12:00 PM to 4:00 PM

Fee Schedule

	Acupuncture (Initial Session)
Student	\$35.00
Faculty/Staff	\$50.00
*Alumni	\$75.00
	Acupuncture (Follow-up Session)
Student	\$25.00
Faculty/Staff	\$35.00
*Alumni	\$45.00

