

"In a research driven and caring environment, we are committed to producing graduates who are adaptable individuals possessing the social, intellectual and professional competence to advance the quality and availability of the health care services locally and regionally."



Wellness Centre



The **UTech, Ja. Wellness Centre** is located at COHS Ground floor.
We accept medical referrals or self-referrals & appointments made by
contacting the Administrative staff at the COHS office at
927-1680-8, Ext. 2315



"Your greatest wealth is your health"

WELLNESS DEFINED...

It is more than just not being sick ... It is a **POSITIVE STATE OF HEALTH** by:

- **LEARNING** how to stay healthy
- **PRACTICING** good health habits & giving up harmful ones
- **RESPONDING** to your body's signs before something serious happens



Wellness Centre:

Established at the University of Technology Jamaica, College of Health Sciences (COHS) in 1999 based on research results conducted by lecturers on the nutrition profile and the development of chronic non- communicable diseases among the University population.

- **Services** We have registered Dietitians/ Nutritionists who can provide nutrition counselling & lifestyle enhancing programmes in nutrition, weight management, fitness, sports, stress reduction & other related services.
- **Training** Centre trains all the nutrition students in the art & science of nutrition counseling
- **Events** Provide resources for health fairs & research expos
- **Research** Engage in research related to nutrition

Top 5 Reasons for Consulting a Registered Dietitian/Nutritionist at the Wellness Centre

1. Do you have diabetes, cardiovascular problems or high blood pressure – We can help you to change your diet and improve your lifestyles choices, by keeping you within your normal weight range without compromising flavours or breaking your budget.
2. Would you like to lose or gain weight – We can help you design or create a healthy diet with recommended physical activities.
3. Do you want to eat smarter – We can help you sort through misinformation; learn how to read food labels; discover that healthy cooking is inexpensive; learn how to eat without ruining your eating plan and how to resist work place temptations.
4. Do you plan to get pregnant or are you breastfeeding – We can recommend key nutrients beneficial for both you and the baby.
5. Do you want improve your sports performance – We can help you set goals to achieve results whether you are an elite athlete, recreational athlete, footballer, swimmer, jogger or you want to get ready for that marathon.

Wellness Related Activities at COHS

- Wellness Centre
- Drug Information Services Centre
- In House Pharmacy
- Poison Information Network
- Health Promotion Activities
- Sterile Lab Unit
- Wellness & Welfare committee
- Green Spaces & Herb Garden
- Shelly Ann Fraser Assessment Centre
- UTech, Ja. Rehabilitation Centre for Children
- Health Translation Unit

