### College of Health Sciences Mission Statement

"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."



### University of Technology, Jamaica College of Health Sciences

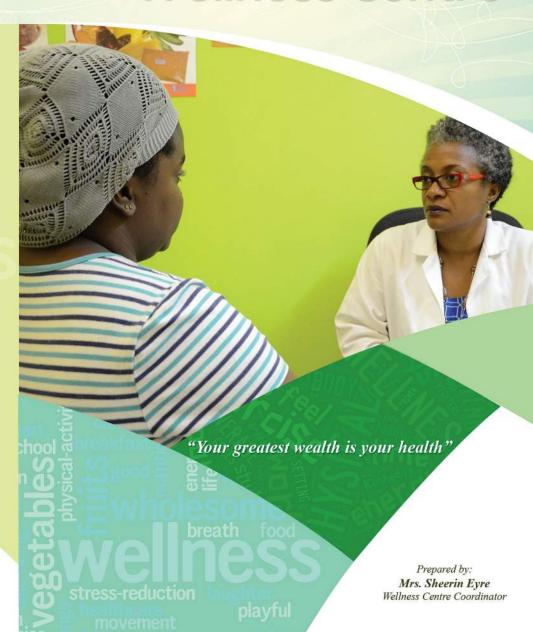
# Wellness Centre



#### How to get in touch with us:

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



Designed by the Learning Technologies Support Unit (LTSU) University of Technology, Jamaica

### **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

- 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 physicals 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

