



Western University

OF HEALTH SCIENCES

Student Involvement

MEDWELL

MEDWELL offers weekly and monthly activities to promote a healthy lifestyle as well as embed wellness sessions within each conference week. MEDWELL also provides the following resources:

- **Nutrition in Medicine (NIM):** The NIM series is now, and historically has been, driven by student interest in the power of nutrition and how it relates to human health and disease. Each session is presented by faculty and guest lecturers who are leaders in the field of evidence-based nutrition.
- **Mindful Monday:** Mondays consist of mindfulness resources that include activities like meditation, journaling, music, and yoga.
- **Wellness Wednesday:** Wednesdays consist of prerecorded healthy plant-based recipe demonstrations, and in-person Salad Socials when permitted.
- **Fitness Friday:** On Fridays come together to exercise. Core, bodyweight, yoga, virtual 5Ks, and other themed workouts.

Website: <https://www.westernu.edu/osteopathic/student-life-events/medwell/>

Student Clubs at WesternU

WesternU is home to over 130 student-led clubs and organizations, with over 100 of those groups operating out of the Pomona campus. Student clubs and organizations are a great way to become part of a community that shares a variety of interests and needs.

How to Find a Club

Visit the link below to find a listing of all student-led clubs and organizations at WesternU. You can search by campus and college (e.g., COMP, CPM, CVM) or keyword (e.g., radiology, business, sports). You can also sort the table by any field you would like. Use the club's email address listed in the "Contact" column or website/social media to find out more information. Clubs that are listed as "Shared" are available to the entire WesternU student body. If a club has a sibling club at the WesternU Oregon campus, there will be an asterisk at the end of the club's name.

Website: <https://www.westernu.edu/students/clubs/>

The Student Government Association

The Student Government Association (SGA) is the representative governing body for WesternU students and consists of representatives from each class. The SGA works with the Board of Trustees, administration, faculty and staff, and other student organizations to bring about changes that will benefit the student body.

Website: <https://www.westernu.edu/students/student-government/>

California Student Commons

The Commons include amenities such as refrigerators and microwaves for student use.

Pomona Locations

Health Education Center (HEC)

- Grand Piano, 2nd floor
- Recital Hall (need to reserve space), 2nd floor
- ATM, 1st floor

Health Professions Center (HPC)

Room 155

- Ice Machine
- Hydration Station
- Vending Machines
- Amazon Lockers (located at Esplanade)

Health Sciences Center (HSC)

- Tribute Walk
- Interfaith Prayer Room, Room 125A

Veterinary Clinical Center (VCC)

Room 124

- Ice Machine
- Water Machine

COMP-Northwest Locations

Room 109

- Vending Machines
- Pool Table
- Games