PROMOTING HEALTH & WELL-BEING

HEALTH INITIATIVES
WHO WE ARE

VISION: To transform the Yellow Jacket community by inspiring a thriving and resilient culture of health and well-being.

MISSION: To cultivate a thriving environment that enhances lifelong well-being among students and employees who live, learn, and work in the Georgia Tech community.

LOCATION: Joseph B. Whitehead Building (Stamps) 2nd floor

SUB-UNITS: Community Nutrition, Health Education, VOICE
Health Initiatives has two registered dietitians on staff to help you have healthful and balanced eating habits, on and off campus. We encourage you to eat a balanced variety of foods that satisfy both your body and mind.
NUTRITION EDUCATION AND OUTREACH

- Nutrition Counseling
- Grocery Store Tours
- GT Body Positive
- Flavorful Fridays
- Presentations on request
  - Eating on a Budget
  - Nutrition 101
  - Intuitive Eating
  - Body Image and Disordered Eating
HEALTH EDUCATION

Education, outreach, and awareness events for the campus related to:
• Alcohol
• Sexual Health
• Stress and Anxiety
• Time Management
• Sleep
• Mindfulness
• Resilience, etc.
Sexual and Relationship violence prevention and response initiative
Founded on the premise that everyone has the right to live and learn at Georgia Tech, free of violence or the threat of violence

- 2 VOICE advocates
- 1 Health Educator
VOICE Education and Outreach

Domestic Violence Awareness Month

Sexual Assault Prevention Month
  • Teal Ribbon Day
  • Take Back the Night

Healthy Relationships Week

Trainings and workshops:
  • Bystander Intervention
  • Healthy Relationships
  • Sexual Violence Prevention
HI Programs

Well-Being Weekly

Virtual 1-Hour Workshops
Held weekly to support your well-being.

MINDFUL MONDAYS | 4 PM via BlueJeans
Mindfulness meditation to start the week

TEDxTALK TUESDAYS | 12 PM via BlueJeans
15-minute Ted Talk, followed by a discussion

WELL-BEING WEDNESDAYS | 2 PM via BlueJeans
Varied topical presentations related to Health Education, Nutrition, or Sexual Violence Prevention and Advocacy

VOICE MESSAGE THURSDAYS | 1 PM via BlueJeans
Sexual violence prevention programs on topics including: Supporting Survivors of Sexual Violence, 10 Signs of Healthy and Unhealthy Relationships, Media Messages, and Bringing in the Bystander

FLAVORFUL FRIDAYS | 12 PM via Instagram Live
Cooking demos and spicy nutrition conversation
HI Programs

Fit to Thrive

Join us for a four-week virtual series designed to teach GT students and employees how to incorporate the dimensions of well-being into their daily lives.

Scan to register and learn more!

healthinitiatives.gatech.edu/THRIVE

MINDFULNESS BOOK CLUB

Join us in reading and discussing the book:

The Mindful Twenty-Something

Learn simple mindfulness exercises that you can easily incorporate into your daily routine to help you manage stress!

All Sessions will be held VIRTUALLY

REGISTER NOW!

healthinitiatives.gatech.edu/mindfulness

SESSION 1
February 4 - 25
Thursdays @2pm - 3pm

SESSION 2
March 3 - 24
Wednesdays @11am - 12pm

SESSION 3
April 6 - 27
Tuesdays @ 4pm - 5pm

Our Body Positive GT Weekly Group Begins this Spring!

Group sessions will be held weekly
02/15/2021 - 4/05/2021
via Blue Jeans
Mondays at 230pm

The purpose of our Body Positive GT discussion group is to provide a non-judgmental space for individuals to explore their personal issues with beauty, health, and identity.

Scan to Register
INDIVIDUAL SERVICES

• Nutrition Counseling
• Wellness Coaching
• VOICE Victim Support
• HIV Testing
How To Get Involved

• Healthy Jackets Peer Educators
• VOICE Peer Educators
• Well-Being Activators
• Certified Healthy
CONTACT INFORMATION

Email:
healthy@gatech.edu

Phone:
(404) 894-9980

Office Hours:
Mon - Wed: 8:00am – 5:00pm
Thurs: 9:00am – 5:00pm
Fri: 8:00am – 5:00pm

Location:
2nd Floor, Stamps Health Services, Suite 232 and Suite 204

Website
healthinitiatives.gatech.edu

Facebook
GTHalthInitiatives

Instagram
@gthealthinitiatives
THANK YOU!