

2016

UNO Website: HPER Wellness

UNO Department of Health, Physical Education, & Recreation University of Nebraska at Omaha

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Emotional • Environmental • Financial • Intellectual • Occupational • Physical • Social • Spiritual

Wellness

The Wellness Subdivision staff, programs, services, and facilities are recognized locally, regionally, and nationally as leaders in providing health services, counseling services, and recreational services.

Additional Resources

- [Programs & Services Guide](#)
- [Student Safety](#)
- [UNO Recovery Community](#)
- [Group Exercise](#)
- [Massage](#)

Striving For A Healthy UNO

The vision of the Wellness Subdivision is to be a catalyst in making UNO the healthiest campus it can be through collaboration with faculty, staff, students, and the Omaha community by providing desirable wellness programs and services.



Shop Online

Register and pay online at shopwellness.unomaha.edu.

Campus Recreation

Campus Recreation enhances quality of life through fun and diverse recreational and leisure opportunities.

Counseling and Psychological Services (CAPS)

CAPS helps create a vibrant, safe community where mental health and academic life flourish.

Health Services

Health Services offers on-campus

Wellness Services Offered

health care such as doctor visits, immunizations, and insurance.

A snapshot of the services offered through the wellness subdivision.

Health and Wellness Programs

Health and wellness programming including wellness on wheels, brown bag lunches, and more.

Wellness Wall of Fame

Nominate UNO individuals who have made a significant change in their lives or are role models for healthy living.



Contact Us

Wellness Center

Health, Physical Education, & Recreation (HPER) 104
402.554.2539

6001 Dodge Street
104 HPER
Omaha, NE 68182

NEXT STEPS

Apply for Admission
Visit the Campus
The UNO Advantage
Request Information

JUST FOR YOU

Future Students
Current Students
Work at UNO
Faculty & Staff

RESOURCES

my.unomaha.edu
Calendars
Campus Map
Library
Course Catalog
Pay Your Bill

AFFILIATES

Nebraska System
Peter Kiewit Institute
Campaign for Nebraska

CONNECT

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