UNO Website: HPER Wellness

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

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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