

**Health Promotion Information for WU Graduate and Professional Students**  
*Compiled by GSHAC members and Health Promotion Services Staff (Spring 2007)*

Subjects:

- Health Care
- Food/Nutrition
- Fitness
- Community/Environment/Pets

## **Health care**

### **Habif Health and Wellness Center, Nathan Dardick House**

#### **Student Health Services** ([shs.wustl.edu](http://shs.wustl.edu))

*Please note: All WU students should seek treatment at SHS first. Any condition requiring specialized medical services will be referred to an appropriate community specialist. The WU Student Health Insurance Plan requires a referral any time care is not provided at SHS.*

- **Medical Services** (<http://shs.wustl.edu/medicalServices/index.htm>): The Medical service provides care for the evaluation and treatment of illness and injury, as well as preventative health care and health education. Specialized services include men's and women's health, nutrition, physical therapy, and travel medicine.
- **Mental Health Services** (<http://shs.wustl.edu/mentalHealth/index.htm>): Our professional staff members work with students to resolve personal and interpersonal difficulties, many of which can affect their academic experience. These include conflicts with or worry about friends or family, concerns about eating or drinking patterns, and feelings of anxiety and depression. Services include individual, group, and couples counseling, crisis counseling, and referrals.
- **Health Promotion Services** (<http://shs.wustl.edu/healthPromotion/index.htm>): Our friendly staff members provide free information, resources, and programs on issues of interest to WU students, such as alcohol and other drugs, weight and body image, sexual health, sleep, and stress. Services include HIV testing, individual appointments and workshops for stress management, relaxation training sessions, and a resource library.

#### **Student Health Insurance Plan:**

- Visit <http://wustl.lewer.com/> for information on your **Medical Plan**, including how to print your **ID card**.

- **See the tabs on the top of the page for information on the OPTIONAL Prescription Drug and Dental/Vision Plans**
- To submit your claims, visit <http://wustl.lewler.com/Default.aspx?tabid=417>

**Emergency Care** (<http://shs.wustl.edu/medicalServices/emerg.htm#>):

- **Life Threatening Situation:** When there is a serious, life-threatening situation, you should activate the emergency support team and the ambulance services right away. If the situation emerges on campus, dial 5-5555 from a campus phone, dial 935-5555 from a mobile phone, or use emergency blue light. If the situation emerges off-campus, dial 911
- **Urgent Situation:** Both Medical Services and Mental Health Services are available to help in urgent situations seven days a week, 24 hours a day. When Student Health Services is closed, call 935-6666 and select option # 1. A nurse will assist you by phone to direct you to the most appropriate facility for care.

Hospitals close to campus include Barnes-Jewish on Kingshighway and St. Mary's on Clayton Road.

**Local pharmacies**

- **JENNIFER'S PHARMACY**  
30 N. Central  
862-7400
- **K-MART**  
6700 Manchester (east of McCausland/Skinker)  
645-5902
- **SCHNUCKS**  
6600 Clayton Rd.  
644-0510
- **TARGET**  
25 Brentwood Promenade Ct. (Brentwood Blvd. and 40)  
918-9500
- **WALGREENS**  
[www.walgreens.com](http://www.walgreens.com)  
6733 Clayton Rd., Clayton 721-2033 - 24 hrs  
2310 McCausland (at Manchester) 647-7810  
2401 S. Brentwood 963-1818 - 24 hrs  
4218 Lindell (east of Boyle) 371-4232 - 24 hrs

- **WALMART**  
1900 Maplewood Commons Drive  
781-2165
- **WILLIAMS PHARMACY**  
7010 Pershing, University City  
727-4854

## Peer Counseling

- **Uncle Joe's Peer Counseling and Resource Center**  
Gregg Hall, Basement level  
Walk-in hours: 10PM – 1AM  
<http://sugroups.wustl.edu/~unclejoe/>  
**935-5099 (24 hour helpline)**  
Uncle Joe's is a student-run hotline available 24/7 that provides an opportunity for students to discuss issues with and get referrals from trained peer counselors.
- **Sexual Assault and Rape Anonymous Helpline (SARAH)**  
935-8080  
<http://sugroups.wustl.edu/~sarah/>  
SARAH is a student-run, anonymous, and confidential helpline available 24/7 to offer counseling, resources, and referrals on rape, sexual assault, abuse, and relationships.

## Disability Resources

**Center for Advanced Learning Disability Resources (DR) in Cornerstone**  
(<http://disability.wustl.edu/disabilityResources/index.htm>): The Assistant Director for Disability Resources and the student with a disability will work together to identify appropriate accommodations based upon the student's documentation and previous experiences.

## Reproductive health

- **Planned Parenthood of the St. Louis Region** ([www.ppslr.org](http://www.ppslr.org))  
  
Central West End clinic  
4251 Forest Park Avenue (near WU Med School)  
**531-7526**  
  
South Grand clinic  
3401 South Grand  
**865-1850**

## Food/Nutrition

**Dining Campus Locations** ([http://diningservices.wustl.edu/campus\\_locations.asp](http://diningservices.wustl.edu/campus_locations.asp))

**Vital Nutrition Information** ([http://diningservices.wustl.edu/vital\\_nutrition\\_info.shtml](http://diningservices.wustl.edu/vital_nutrition_info.shtml))

This interactive nutrition analysis tool allows you to view the nutrition information for your customized meal.

**Appointments with the SHS Dietitian:** For individual help with your eating plan, make an appointment to see the Registered Dietitian at Student Health Services. To schedule an appointment, visit [shs.wustl.edu](http://shs.wustl.edu).

### **Farmer's Markets**

- **Market in the Loop** ([www.creativeon-line.com/marketintheloop.html](http://www.creativeon-line.com/marketintheloop.html)), 6655 Delmar, Thursday, Friday and Saturday, 7:00 a.m. - 6:00 p.m. year-round
- **Clayton Farmers' Market** ([www.saucemagazine.com/claytonfarmersmkt](http://www.saucemagazine.com/claytonfarmersmkt)), Corner of Maryland and North Central Avenue, Saturday, 8:00 a.m. - Noon June 1 - October 26
- **Green Market, Central West End** ([www.GreenMarketStl.com](http://www.GreenMarketStl.com)), Maryland Plaza just west of Euclid, Saturdays 10:00 a.m. to 1:00 p.m., June through October
- **Maplewood Farmers' Market**, 7260 Southwest Boulevard, Schlafly Bottleworks parking lot, Wednesday, 4:00 - 7:00 p.m., May – October
- **Tower Grove Farmers' Market**, center of Tower Grove Park, just west of the Pool Pavilion, Saturdays 8:30 a.m. to 12:30 p.m., May through October
- **Soulard Farmers' Market** ([www.stlouis.missouri.org/citygov/soulardmarket](http://www.stlouis.missouri.org/citygov/soulardmarket)), 730 Carrol, Wednesday - Friday, 8:00 a.m. - 5:30 p.m.; Saturday, 6:00 a.m. - 5:30 p.m. year-round
- **Kirkwood Farmers' Market** ([www.kirkwoodjunction.com](http://www.kirkwoodjunction.com)), The market is to the east of Kirkwood Junction train station, Thursday and Friday, 8:00 a.m. - 6:00 p.m.; Saturday, 8:00 a.m. - 5:00 p.m. April 11 - September 28

### **Health-Focused Grocery Stores**

- **Trader Joe's**  
48 Brentwood Promenade Court  
Brentwood, MO  
314-963-0253
- **Whole Foods**  
1601 S. Brentwood Blvd

Brentwood, MO  
www.wholefoodsmarket.com • 968-7744

- **Wild Oats**  
8823 Ladue Rd.  
Clayton, MO  
www.wildoats.com • 721-8004

## Fitness

### Athletics at WU (<http://bearsports.wustl.edu/index.htm>)

- **Athletic Complex** (<http://bearsports.wustl.edu/facilities/facilities.html>) The Athletic Complex houses a swimming pool, recreational gyms, saunas, a weight room, locker rooms, and courts for racquetball, squash, and handball.
  - McWilliams Fitness Center
  - Millstone Pool
  - Interco Weight Room
- **South 40 Fitness Center** (<http://reslife.wustl.edu/s40fitness/index.htm>):
  - Fitness classes are open to all WU students, faculty and staff.
  - Personal training sessions available for a fee.
  - Therapeutic table massage available by appointment.
  - Equipment room opens to graduate students during the summer.
  - For information regarding hours and fees or to make massage appointments, visit the S40 Fitness Center (located in Wohl) or contact [fitness@wustl.edu](mailto:fitness@wustl.edu)
- **WU Intramurals** (<http://www.restech.wustl.edu/~im/>)

### Local Gyms

- **St. Louis Workout**  
212 N. Kingshighway, St. Louis (in Chase Park Plaza)
- **Bally's Total Fitness**  
7393 Forsyth, Clayton  
www.ballyfitness.com • 725-1777  
Located between downtown Clayton and the Danforth Campus
- **The Center of Clayton**  
50 Gay Ave., Clayton  
290-8500
- **Wellbridge Athletic Club and Spa**  
7620 Forsyth Blvd., Clayton

746-1500

- Centennial Commons Fitness Center in Heman Park  
6801 Delmar Boulevard, University City  
<http://www.ucitymo.org>, 505-8625
- “The Heights” Fitness Center  
8001 Dale, Richmond Heights  
[www.richmondheights.org](http://www.richmondheights.org), 645-1476

[www.solaryogastl.org](http://www.solaryogastl.org)

### Yoga and Dance Classes

- **South 40 Fitness Center @ WU**  
(<http://reslife.wustl.edu/s40fitness/schedule.htm>)  
Wohl Center
- **St. Louis Community College**  
([http://users.stlcc.edu/ClassSchedule/term\\_search.asp](http://users.stlcc.edu/ClassSchedule/term_search.asp))  
Search under Recreation (PEDU) in the continued education section
- **Bikram’s Yoga**  
6630 Clayton Rd  
644-2226
- **Marbles Yoga Studio** (<http://www.marblesyoga.com>)  
1905 Park Ave  
621-4744
- **Pilates & Yoga Center of St. Louis** ([www.pilatescenterstl.com](http://www.pilatescenterstl.com))  
1015 McCausland  
781-5050
- **Solar Yoga Center of St. Louis** (<http://www.solaryogastl.org>)  
6002 Pershing  
726-5133
- **Spiritual Human Yoga**  
3175A S. Grand  
771-8557
- **The Big Bend Yoga Center**  
88 N. Gore  
918-YOGA

- **West End Wellness and Yoga**

4253 Laclede Ave

531-5073

## Hiking and Biking

- **Missouri State Parks** (<http://www.mostateparks.com>)
- **St. Louis County Parks** (<http://www.co.st-louis.mo.us/parks/>)
- <http://www.bikestlouis.org> This Web site has information on routes with bike lanes, bike safety, and laws.
- **Heman Park**  
University City along Midland and Olive Streets  
U. City's largest park includes a large playground, picnic areas, 2 baseball fields, basketball courts, horseshoe courts, 8 tennis courts, 3 soccer fields, 4 football fields, a swimming pool, and a 1.5 mile jogging course.
- **The Berryman Trail** (biking trail)  
West of Potosi on Hwy. 8, about 12 miles. A 25-mile loop trail great for mountain biking.
- **Busch Wildlife Preserve**  
636-441-4554  
Located 25 miles west on Hwy. 40 at Weldon Springs, 7 miles south of I-70 at Wentzville. Take 64/40 to the Defiance exit (Hwy. 94), then south. South of 64/40 on both sides of the road is a wildlife forest preserve with a lot of hiking trails.
- **Katy Trail State Bike Trail**  
Take 64/40 west to Hwy. 94, follow it south  
800-334-6946

## Indoor Rock Climbing

- **Upper Limits Rock Gym and Pro Shop** (<http://www.upperlimits.com/stlouis>)  
326 S. 21st St  
241-7625
- **Skyzone** (<http://www.skyzonesports.com/index.html>): Features an all-trampoline walled playing field with suspended goals.

## Annual Races/Marathons

- **Spirit of St. Louis Marathon** (<http://www.stlouismarathon.com/default.htm>)

- **Lewis and Clark Marathon** (<http://www.fleetfeetstl.com/lewisandclark.htm>)
- **Susan G. Komen Race for the Cure** (<http://www.komenstlouis.org/race>)
- **Wash. U Run 4 Fun** (<http://userfs.cec.wustl.edu/~sb2/Run4Fun/>)
- **St. Louis Track Club** (<http://www.stlouistrackclub.com/index.htm>): The Saint Louis Track Club encourages running, walking, and fitness for persons of all ages and abilities. The club organizes events, disseminates information related to the benefits of running and physical fitness, and encourages membership.
- **Swim Bike Run St. Louis** (<http://www.swimbikerunstlouis.com/>)

### Ice Skating

- **Brentwood Ice Arena** ([www.brentwoodmo.org/index.asp?SID=83](http://www.brentwoodmo.org/index.asp?SID=83))  
2505 S. Brentwood  
963-8689
- **Steinberg Skating Rink**  
([stlouis.missouri.org/citygov/parks/forestpark/steinberg.html](http://stlouis.missouri.org/citygov/parks/forestpark/steinberg.html))  
Outdoor rink in Forest Park  
367-7465

### Community/Environment/Pets

#### Recycling centers

- **St. Louis City** (<http://stlouis.missouri.org/citygov/recycle/index.htm>)
- **St. Louis County** ([http://www.stlouisco.com/doh/waste/s\\_waste.html](http://www.stlouisco.com/doh/waste/s_waste.html)) A "Recycling Directory" of drop-off sites is available from Waste Management at **615-8958** (fax 615-6435).
- **St. Louis-Jefferson Solid Waste Management District**  
(<http://www.swmd.net/rrr/index.php>): St. Louis Region Recycling Information - Find recycling, hazardous waste or other environmental service providers

#### Blood Drives and Platelet Donation

- **Blood Drives at WU** (<http://www.communityservice.wustl.edu/donateblood/>)
- **Platelet Donations**  
(<http://www.barnesjewish.org/groups/default.asp?NavID=3251>)

## Other Resources

- **Healthy Living** (<http://www.healthyliving.wustl.edu/>) – This site is designed for the Washington University School of Medicine, but has good info relevant to all WU students in graduate and professional school.
- **Go Ask Alice!** (<http://www.goaskalice.columbia.edu/>) *Go Ask Alice!* is the health question and answer Internet service produced by Alice!, Columbia University's Health Promotion Program — a division of Health Services at Columbia.

## Pets

- **Banfield, The Pet Hospital** ([www.banfield.net](http://www.banfield.net))  
62 Brentwood Promenade Ct (Inside PetsMart near Target)  
963-9805  
  
10900 Sunset Plaza Dr., Sunset Hills (in PetsMart)  
909-1300
- **Kingsbury Animal Hospital**  
420 N Skinker Blvd  
(314) 721-6251
- **Watson Road Veterinary Clinic**  
3725 Watson Road  
644-1544  
Discounts available to students
- Humane Society of Missouri  
1201 Macklind Ave. <http://www.hsmo.org>