

**Cornell University Wellness Program  
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wellness.cornell.edu**

**Vision**

We are the recognized wellness experts in the University, the community, the state, the nation, and the world. We help people reach an optimal state of well-being.

**Mission Statement**

The Cornell University Wellness Program provides employees, retirees, and their families with diverse opportunities that foster joy, balance and well-being.

**Wellness Program Values (team values)**

- Caring for our people
- Inclusive
- Embracing
- Want people to feel included, embraced, taken care of
- Underlying, healthy respect for the way the world works, knowledge and process
- Responsible and current up-to-date practitioners
- We walk the talk

Helpful Websites

Developing and implementing a wellness program:

[www.welcoa.org](http://www.welcoa.org)  
<http://www.wwcricri.org/>  
<http://www.hwainstitute.com/about/default.aspx>  
<http://www.wellnessjunction.com/>  
<http://www.prevent.org/content/view/29/40/>  
<http://www.healthypeople.gov/>  
<http://www.nchc.org/facts/cost.shtml>

Survey tools:

<http://info.zoomerang.com/>

guest speakers information:

<http://www.workandwellness.com/index.html>  
<http://www.aeispeakers.com/>  
<http://www.luminari.com/>  
<http://www.jonrobison.net/>  
<http://www.canyonranch.com/story/michael-hewitt.aspx>  
<http://www.brianlukeseaward.net/>

Planning a fair:

[http://fcs.tamu.edu/Health/health\\_fair\\_planning\\_guide/activity\\_ideas.php](http://fcs.tamu.edu/Health/health_fair_planning_guide/activity_ideas.php)

Nutrition:

<http://www.eatbetteramerica.com/>

<http://nutritionpedia.com/>

<http://www.calorieking.com/>

Incentive ideas:

<http://www.wellnessjackpot.com/index.html>

Conferences and networking:

<http://www.nationalwellness.org/index.php>

<http://www.healthpromotionjournal.com/index.html>

Campus food/ dining commitment and other relationships:

<http://www.circleofresponsibility.com/page/5/bamco-foundation.htm>

<https://www.bcbsri.com/BCBSRIWeb/index.jsp>

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