



## Physical Wellbeing



Resources to help you maintain good health through medical care, diet, exercise, and rest.

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### General



## GENERAL PHYSICAL WELLBEING

### [Health/Vision and Dental Care Plans](#)

[Cornell Wellness](#) programs, including:

- Free individual consultations ([fitness](#), [nutrition](#), [life coaching](#))
- [Workshops, lectures, classes and demonstrations](#)
- [Healthy Living Program](#)

[Cornell Health](#) services offered to faculty and staff, including:

- [Pharmacy](#)
- [Physical Therapy](#)
- [Flu vaccines offered on campus](#)
- [Travel Clinic for International Travel](#)
- [Body Positive Cornell](#)

## Exercise



**EXERCISE**

[Cornell Wellness Recreation Membership](#), including [perks](#) such as:

- Group fitness classes and fitness facility use
- Free lap swimming, ice skating at Lynah Rink, equipment rentals and more
- Reduced fees at Merrill Sailing Center, Reis Tennis Center, Lindseth Climbing Wall

[Walking maps](#) of campus

[Physical fitness videos](#) by Cornell Wellness

**Cornell Tech and Weill Cornell Medicine** employees can receive discounts on gym memberships at NYC Sports Clubs via the [Corporate Fitness Program](#) (pdf).

## Food and Diet



## FOOD AND DIET

[Meal Choice Program by Cornell Dining](#) – discounts available to Cornell employees

[Fresh produce through CSAs](#) with campus delivery options

[East Hill Farmer's Market](#) and [Ag Quad Farmer's Market](#)

[Cooking demos](#) by Cornell Wellness



## Family Life



## FAMILY LIFE

[Mothers' Rooms](#) are available for pumping/expressing breastmilk

[Bring your children on campus](#) to use recreational facilities, such as swimming pools, rock climbing, ice skating, bowling, and more!

Also see:

- [Caring for Children](#)
- [Caring for Elders & Adults](#)

## Health Challenges



## HEALTH CHALLENGES

[Navigating Health Challenges](#) - Cornell-specific resource guide for support with challenges such as cancer, mental health, substance abuse, work scheduling, caregiving, and finances.

[Cancer Support Group](#): On-campus monthly meetings for faculty, staff, students, and retirees who have been diagnosed with or have had cancer.

[Travel Assistance to NYC for Medical Appointments](#)

[Trans Inclusion at Cornell](#) – contact health insurance provider for coverage options related to transgender medical care

[Disability/Accessibility Resources](#)

[Red Runner Campus Transportation](#)

[Workplace accommodations](#)

[Fitness center accessibility](#)

[Disability Colleague Network Group](#)

[Flexibility work arrangements](#)

## **Safety Matters**



**SAFETY MATTERS**

[Musculoskeletal Injury Prevent Program / Ergonomic Space Recommendations](#)

[Emergency Mass Notifications](#)

[Domestic violence and sexual violence resources](#)

Reporting [Discrimination, Harassment, and Bias](#)

[Cornell Police – Crime Prevention, Workplace Safety](#) (call 5-1111 from a campus telephone, or 911)

- [RAVE Guardian App](#)
- [Child Safety Seat Program](#)
- [Blue Light and Emergency Phones](#)

[Environmental Health and Safety](#)

- [Reproductive Health Program](#)

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See [Mental Wellbeing](#) for resources on counseling, stress, mindfulness, and relaxation.