

# Updates as of 3-16-2020

## **Closing to help the cause:**

Today Monday March 16, The WELL campus recreation and fitness facility and all programs will close at 6pm. We will remain closed until further notice. We are in the midst of an unprecedented time and we do not take this decision lightly, but we now know the best way for all of us to contribute to the local and global efforts in stopping the spread of COVID19, is to close our campus recreation and fitness facility to the public. Student Health and Counseling Services are still open. Please continue to visit their website for updates:  
<https://www.csus.edu/student-life/health-counseling/>

## **We will keep you informed**

If we have new updates, we will continue to communicate those on our website, our social media and send out through email. If there are individual questions and concerns, we will do our best to respond to all in a timely manner.

Follow on Instagram: @wellsacstate  
Find us on Facebook: The WELL at Sac State

## **We want to help you**

We remain committed to serving the students and our campus community during this time and understand that opportunities for exercise and recreation is critical to physical and mental health, especially reducing stress and keeping the immune system strong. To that end, our staff will be exploring multiple ways to offer virtual resources for at-home during the coming days and weeks ahead. We hope you are able to start a routine that works for you whether it be going for a walk, run, or practicing meditation. We encourage you to take care of yourselves and family during this difficult time.

It has always been a part of our practices to connect students to all Sac State resources that keep you on track to persisting at Sac State and graduating. We will continue to be a campus resource advocate as all of our campus partners are currently focusing on student success through this difficult time.

## **One request for our members**

Lastly, we humbly ask for your patience with regards to any individualized communication and questions. Just like you all, our team is experiencing work and life challenges related to this pandemic. We are committed to persevering through this time for the success our of Sac State community.

Wishing you all health and peace!

The WELL Staff