

Employee Wellness

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AEROBICS



Step Aerobics are available for employees. Classes are Monday - Thursday in Room 207. Employees should bring their Auburn University Identification and a towel. For more information call the Student Activities Center at 844-4470.

CLASSES:

Kick boxing: Mon. & Wed. 5-6 pm

Step: Tues. & Thurs. 5-6 pm

Ab: Tues. & Thurs. 4:45-5 pm



AUBURN UNIVERSITY MEDICAL CLINIC

400 Lem Morrison Drive

(334) 844-4416

The Auburn University Medical Clinic provides primary and preventive care to faculty and staff of Auburn University. Acute care is provided by the Medical Clinic's staff of board certified physicians, certified nurse practitioners, and a team of supporting colleagues. The Clinic also promotes the concept of individual "wellness" in contrast to a traditional status quo approach. The services provided include: acute care, specialty care, allergy services, immunizations, other vaccines, women's health care, optical services, radiology/x ray services, pharmacy, laboratory, and physical therapy. The Clinic accepts various insurance plans including: Visa, MasterCard, Discover, Tiger Club, cash, and checks. For further details, please call 844-4416 or 844-4266 or Click:

[Medical Clinic](#)

Note: Before coming to AU Medical Clinic, you are encouraged to speak with a care coordinator. The care coordinator will assist you in setting an appointment.

Clinic Hours:

Monday	8 am - 6 pm
Tuesday	8 am - 5 pm
Wednesday	8 am - 5 pm
Thursday	9 am - 6 pm
Friday	8 am - 5 pm
Saturday	8 am - 12 pm

• **AU CLINICAL SERVICES** (To list a few):

Allergy Services

The AU Medical Clinic offers on site allergy testing services. If you are currently receiving immunotherapy, you may also receive allergy shots by using the antigen supplied by your allergist. Your allergy serums need to be mailed to:

307 W. Magnolia Ave.
Auburn, AL 36849-5349

Women's Health Care

The AU Medical Clinic has female providers on staff. Professional services include gynecologic care, counseling and prescribing of birth control methods, morning after contraception, referral for pregnancy alternatives, and diagnosis and treatment of sexually transmitted diseases. The "thin prep" screening system and colposcopy is also offered on site.

Optical Services

A full range of optical services is provided by a team of professionals. Routine eye exams, contact lens fittings, and a wide variety of modern frames and lenses are some of the services offered. Please call 844-4918 for an appointment.

Pharmacy

A state of the art pharmacy operated by the School of Pharmacy is located within the Medical Clinic. Please call 844-4641 for assistance.

Laboratory

The AU Medical Clinic offers a convenient on site CLIA certified laboratory with licensed medical technologists who can perform some routine tests before completion of your visit.

Physical Therapy

Healthsouth operates a physical therapy rehabilitation facility on site. Services are provided by experience physical therapists and athletic trainers. Please call 844-4456 for an appointment.

X-Ray Service

On-site radiology services are available including chest, skull, and extremity body parts. Copies are available for clinic referrals at an extra fee.

**HANDBALL/RACQUETBALL COURTS**

There are ten Handball and Racquetball courts. Reservations are taken daily (one day prior to play date). The Student Activities Center provides racquets for racquetball. For check out information about racquets call 844-4470. To reserve a handball/racquetball court call 844-4737. For specific instructions and rules Click:

[Racquetball Courts](#)

Court Schedule:

Monday - Thursday	12:00 noon - 10:00 pm
Friday	12:00 noon - 6:00 pm
Sat. & Sun.	1:00 pm - 6:00 pm

**ANNUAL AUBURN UNIVERSITY HEALTH FAIR**

The annual Auburn University Health Fair, sponsored by Auburn University Recreational Services, offers a variety of services, including blood pressure checks, height and weight checks, body composition, information on nutrition and diabetes, chiropractic services, and information about new advancements in medicine. Some of the participating sponsors include: American Cancer Society, Psychological Clinic, Rape Counselors, EAMed, Crisis Center, and AU Public Safety. If you have any questions about the Health Fair contact William Jackson 844-4716.



“HEALTHY HABITS” AU School of Pharmacy Wellness Program

AU Pharmaceutical Care Center

Harrison School of Pharmacy

126 Walker Building
Auburn University, AL
(334) 844-4099

[AUPCC Info](#)

Hours:

Mon 8:00am - 4:15pm
Tues 8:00am - 5:30pm
Weds 7:00am - 4:15pm
Thurs 8:00am - 4:30pm

The “**Healthy Habits**” wellness program is a comprehensive pharmaceutical care service that focuses on disease prevention. Pharmacists perform a health screening which includes evaluating weight, body mass index, percent body fat, blood pressure, cholesterol levels, and blood glucose. These results are used to provide counseling on health maintenance, cardiovascular risk, and lifestyle modification. Appropriate nutrition and exercise habits are emphasized. Pharmacists also conduct a complete medication profile review and respond to patients’ questions and concerns. For more information contact the Auburn University Pharmaceutical Care Center (AUPCC) 844-4099 or Click: [HEALTHY HABITS](#)

FEES:

Employees

This program is free to employees and their dependents that are covered by the university’s medical insurance.

Students & University Retirees(covered by PHIP)

There is a \$50.00 enrollment fee and a \$5.00 charge per visit.

Others

There is a \$100.00 enrollment fee and a \$10.00 charge per visit.

The **AUPCC** was created in 2000 to provide health related services and counseling to Auburn University employees and their families. The AUPCC provides patient care, pharmaceutical care and some **other services:**

“Take Control”

A women’s health program provides all of the services included in the Healthy Habits program, but expands the focus to cardiovascular risk assessment, osteoporosis screening, breast cancer risk assessment, breast self-exam education, and hormone replacement therapy counseling.

[TAKE CONTROL](#)

“Breathe Easy”

The “Breathe Easy” respiratory program provides pharmaceutical care services for individuals who have respiratory diseases such as asthma or chronic obstructive pulmonary disease (COPD). Education is provided about the disease state and medications used to control symptoms. Patients are also taught how to monitor their condition at home and use their inhalers correctly. Pharmacists collaborate with the patient’s physician to develop a self-management plan for asthma control.

[BREATHE EASY](#)

“Pack It Up”

The “Pack It Up” smoking cessation program provides pharmaceutical care to individuals who desire to quit smoking. Pharmacists work with patients to evaluate their readiness to change and develop a plan of action for cessation. Assistance is provided in assessing the need for pharmacotherapy to facilitate the process.

[PACK IT UP](#)



LOCKERS



Lockers are available for employees in the AU Coliseum. There may be a limited amount of available lockers, so it is first come first serve. The Faculty area has a separate waiting list. For more information about Lockers contact Sharon Huey at 844-1450.

RECREATIONAL SERVICES DEPARTMENT STUDENT ACTIVITIES CENTER



204 Student Activities Center

844-4470

Director, Susan Nunnelly

844-4716

Recreational Services is a program designed to give Auburn University employees the opportunity for exercise and enjoyment through intramural sports, sports clubs, and informational recreation.

Recreational Services provides supervision for recreation areas on the Auburn University campus. Employees are encouraged to recreate on an informal, self directed basis. Indoor facilities may be used when they are not scheduled for classes, practice, or intramural games. Participants should contact the Student Activities Center, Equipment Check Out, to determine availability of facilities at 844-4470.

www.auburn.edu/student_info/student_life/recreation



• **HEALTH/ WELLNESS/ FITNESS**

Director, Mr. Bill Jackson



The Health/Wellness/Fitness program is a collaborative effort by various departments and organizations throughout Auburn University to provide students the tools and opportunities to understand and develop a healthy lifestyle. They provide educational information that helps make informed decisions on health, wellness, and fitness issues. The major focus areas are alcohol and drug awareness, nutrition, weight management, eating disorders, stress management, sexuality and contraception, and fitness programming. Certification programs are offered for CPR and Basic First Aid.

For more information call or visit:

www.auburn.edu/student_info/student_life/recreation

(Click on Health/Wellness/Fitness)

Weight & Fitness Room Hours:

Mon.-Thurs.- 6:30 am - 8:45 am

10:00 am - 10:00 pm

Friday- same, except until - 6:00 pm

Sat. & Sun.- 1:00 pm - 6:00 pm

(Closed on home game weekends)



Click:

[Fitness Room & Weight Room](#)



• **INTRAMURAL SPORTS**

Director, Mr. Ted Trupp
844-4716



Badminton
Basketball
Bowling
Flag Football
Golf
Horseshoes
Racquetball

Soccer
Softball
Table Tennis
Tennis
Track & Field
Volleyball

Team registration begins the first day of class each semester. Registration is held at the Equipment Check-Out Counter in the Student Activities Center beginning at 10:00am. Entries are taken on a first-come, first-serve basis until the established deadline (usually the 3rd or 4th day of class). You may choose to form your own team or join an existing team for any of the activities.

Intramural Field house: 844-4854
For more information call 844-4470 or Click:
[Intramural Information](#)



• **SPORTS CLUBS**

Director, Ms. Dianne Harper

Auburn University offers a variety of Sports Clubs to serve employees in different sports and recreational activities. For general information on all Sport Clubs, contact Diane Harper at 844-4716.

www.auburn.edu/student_info/student_life/recreation/
(Click on Sports Clubs)

CLUBS:

For more info Click:
[Sports Club Schedules](#)

BADMINTON

Faculty advisor, Dr. Michael McKee, 844-6953
To promote the interest of badminton on campus and stimulate and develop skills of this sport.

CYCLING

Faculty advisor, Mr. Marcus Kieltyka, 844-1769
To promote competitive and recreational cycling.

JUN FAN

Faculty advisor, John DiJulio, 844-9365
Jun Fan martial arts are based on the teachings of Bruce Lee, whose energetic and dramatic style revolutionized self-defense. Training sessions focus on integrating several martial systems, including Chinese wing chun gung fu, Filipino Kali, Thai kick boxing, Indonesian pentjak silat, and western boxing and grappling.
www.auburn.edu/student_info/junfan

LACROSSE (MEN)

Faculty advisor, Mark Bertus, 844-3004
Anyone interested in joining the fast-paced, exciting game of lacrosse is encouraged to join. The club competes with other colleges and universities.
www.auburn.edu/lacrosse

LACROSSE (WOMEN)

Faculty advisor, Mark Bertus, 844-3004
Anyone interested in joining the fast-paced, exciting game of lacrosse is encouraged to join. The club competes with other colleges and universities.
www.auburn.edu/student_info/womens_lacrosse

ROWING

Faculty advisor, TBA
Whether you are an experienced rower or have never touched an oar, the Rowing Club members invite anyone interested to join them in their sport, which works every major muscle group in the body.
www.auburn.edu/student_info/rowing

RUGBY (MEN)

Faculty advisor, Dr. Anton Schindler, 844-6263

To promote the sport and culture of rugby football in the Auburn community.

www.auburn.edu/student_info/rugby

SAILING

Faculty Advisor, TBA

To promote interest and participation in sailing.

SOCCER (MEN)

Faculty advisor, Oleg Sinelnikov, 844-1497

To promote interest and participation in the game of soccer.

www.auburn.edu/student_info/mens_soccer_club

SOCCER (WOMEN)

Faculty Advisor, Dr. Lawrence Molt, 844-9613

To promote interest and participation in the game of soccer.

www.auburn.edu/student_info/womens_soccer

TABLE TENNIS

Faculty advisor, Dr. James Cross, 844-6315

The club's mission is to promote the sport and skill of table tennis in the Auburn Community.

TAE KWON DO

Faculty advisor, Dr. Keith Cummins, 844-1510

To promote interest and skill in Tae Kwon Do martial arts among students and faculty.

TRIATHALON

Faculty advisor, David Mills, 844-2015

This club promotes the growth and training of triathletes.

www.auburn.edu/student_info/triathletes

WATER POLO

Faculty advisor, Dr. Conner Bailey, 844-5632

To promote interest and participation in the sport of water polo.

WATER SKI

Faculty advisor, Dr. Joe Hannah, 844-2468

Open to any student interested in promoting the sport of water skiing.

www.auburn.edu/student_info/water_ski

WRESTLING

Faculty advisor, Dr. Anthony Cary, 844-6643

Open to anyone interested in promoting the sport of wrestling. The club competes in matches with other colleges and universities.

www.auburn.edu/student_info/wrestling



SWIMMING

Olympic and Standard size swimming pools are available for employees to use. For information about hours and fees please contact the Aquatics Center at 844-4182.

Hours:

Mon.- Thurs. 5:45 am - 8 am

11:30 am - 1 pm

5:00 pm - 9 pm

Friday - until 8 pm

Sat. & Sun. 2:00 pm - 5 pm

(Note: Hours may vary due to competitions and home games.)



TENNIS COURTS

There are 17 tennis courts available for recreational play. You must provide your own tennis equipment. Court shoes ONLY must be worn. To reserve a tennis court call Equipment Check-out at 844-4470. For more information Click:

[Tennis Courts](#)

Court Hours:

Monday-Thursday	11:45 am - 10:00 pm
Friday	11:45 am - 6:00 pm
Saturday & Sunday	1:00 pm - 6:00 pm



WALKING TRAIL



Auburn University has a 3 mile walking trail that begins at the corner of Samford Drive and Donahue Drive, in front of the Auburn University Athletic Complex. This trail offers an opportunity for walkers to view some of the scenic areas of campus while they are exercising.

Kiesel Park located off Wire Rd includes a 2 1/4 mile walking path that provides a wonderful place for children to play in big open fields, as well as, a place to take your dog to walk with you. For more information call Auburn Parks and Recreation 887-4930.

