

## Student Health and Wellness Center



The Student Health and Wellness Center, constructed in 2010, is a 94,000 sq. ft. facility that encourages student, employee, alumni, and community health and well-being. Some of the best opportunities for fitness and recreation are available at the Center, from bowling to swimming, from individuals and intramurals, alike—this facility offers a plethora of options for those seeking to enhance health in a safe environment.

The Student Health and Wellness Center is also home to the John and Ella Byrd McCain Health & Counseling Center. It is the mission of this unit to “promote the well-being of the Alabama A&M University community and generate a healthy campus culture by providing integrative and best practice health care services by promoting physical, emotional, and spiritual development in a safe, supportive, and confidential environment.” Services are available to members of the Alabama A&M University family.

