



HEALTH & WELLNESS

- [ASHE Student Health& Wellness Center](#)
- [Bruin Resource Center](#) (serving Guardian Scholar, Veteran, Undocumented, Transfer Students and Students with Dependents)
- [CAPS](#) (Counseling & Psychological Services)
- [Healthy Campus Initiative](#)
- [Eat Well](#) (part of the Healthy Campus Initiative)
- [Free Guided Meditations](#) (from UCLA's MARC)
- [Intramural Sports](#) (UCLA Recreation)
- [Mildred E. Mathias Botanical Garden](#)
- [Stress Management through Yoga](#) (from ASHE)
- [Student Wellness Commission](#)
- [UCLA Mindful Awareness Resource Center](#) (MARC)
- [UCLA Recreation](#)
- [UCLA Tobacco-Free Initiative](#)
- [Wellness Locations](#) (compiled by UCLA Recreation)
- [Wellness on Campus](#) (UCLA Recreation)



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