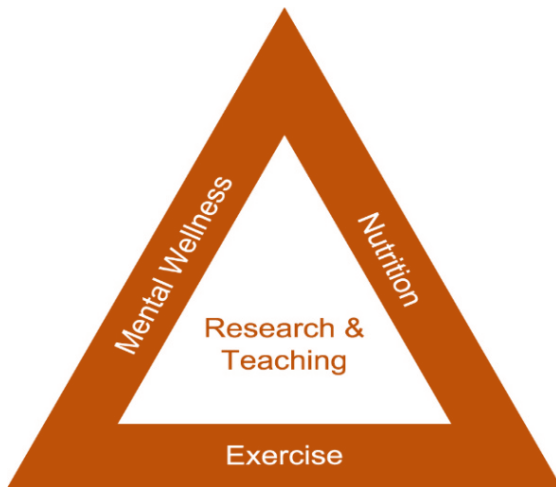


Health and Wellness Center

Learn Well. Live Well.



The proposed Health and Wellness Center will provide an active learning, experiential-based environment for exercise, health-related decision-making and resources, and applied research between the main campus of the University of La Verne and The Farm at Fairplex. The center will be a space to facilitate the improvement of physical health, mental wellness, and nutritional habits for the University's campus community and the regional community. The Health and Wellness Center will serve as a community resource for wellness access and provide additional opportunities for students to collaborate with faculty researchers and external researchers, with the overarching goal of making our campus and community physically and mentally healthier.

In 2016, City of Hope Medical Center, Kaiser Permanente - Baldwin Park, and Citrus Valley Medical Center conducted independent Community Health Needs Assessments for the San Gabriel Valley. The findings from the three organizations identified *diabetes, overweight and obesity, and mental health* as issues consistently in the top five areas of regional *need for intervention*. University of La Verne students and Fairplex patrons mirror the demographics of our region. Working with the university's student population and surrounding community will inform intervention strategies to address the main areas of health concern affecting the greater region. Additionally, an integrated teaching-research model can target improving the health of the Inland Southern California regional workforce, explore ways to reduce healthcare costs, increase skill development and provide healthy living options for University of La Verne students, and expand health care research and services for target populations.

The Center is distinct in that it will allow research, team learning, and scholarship to interconnect while facilitating collaborative relationships among and between our students, faculty, and community partners. The partnership with Fairplex is the catalyst in establishing and strengthening collaborative partnerships with external organizations to have greater regional impact. Existing and potential partners include City of Hope Medical Center, Kaiser Permanente, Casa Colina, Hillcrest Senior Living, Mt San Antonio College, Western University of Health Sciences and more. This will be the only center of its kind in the region.

With the opening of a new residence and dining hall on the University of La Verne campus, the current Davenport Dining Facility will be vacated and become available for re-purposing. The facility, approximately 10,000 square feet, would be renovated into the Health and Wellness Center. This space is centrally located on campus communicating the importance of integrating healthy choices into everyday living, while being easily accessible from all corners of campus and to visitors from the community. The nutritional education component will be located at The Farm at Fairplex where a state-of-the-art demonstration kitchen and instructional classrooms will be built. Strategic nutritional programs executed by The Farm in partnership with university faculty and students will be available to the community at large.

External funding is required to launch this initiative. Estimates by our facilities team place the renovation of Davenport at approximately \$5 million, with an estimated annual operating costs of \$500,000. The University of La Verne has planned for seed funding for the renovation, but this project will be funded predominately through philanthropic investments. The Davenport Dining Hall will be available for renovation in August 2018 and the projected renovation timeline would be approximately 9 months.

University of
La Verne

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THE FARM
at fairplex