

FACULTY/STAFF BENEFITS SUMMARY – WELLNESS

Wellness¹

LMU's Wellness Program understands that good health is more than the absence of major illness. Paralleling with Jesuit and Marymount traditions, the programs encompass 'wellness' as the view of one's self from a whole perspective and focuses on the inseparability of the physical, emotional and spiritual aspects of an individual. A wide spectrum of holistic health, mind/body, fitness, and wellness classes, workshops, and programs are offered to LMU Faculty and Staff to encourage and support work/life balance.

¹ *As with all other policies, the wellness programs offered are subject to change, from time to time, at the sole discretion of the university.*