|  |  |
| --- | --- |
| Academic Course Offerings (wellness themed) | * For a [complete course listing](https://enr-apps.as.cmu.edu/open/SOC/SOCServlet/search)
* Body Politics 79331
* Global Health and Climate Change 99348
* Hack Your Life 85105
* Health Psychology 85742
* Mindful Living Mini 99153
* Physical Education Courses
* Student Led Courses (StuCo) 98xxx
* Topics in Health and Physical Activity Mini 69120
* Wellness and Resilience for College and Beyond 99195
 |
| Trainings and Workshops  | * [Bias Busters](https://www.cmu.edu/student-diversity/learning-and-development/index.html)
* [CaPS 101](https://www.cmu.edu/counseling/services/trainings_workshops.html)
* [COPE workshops](https://www.cmu.edu/counseling/services/trainings_workshops.html) (CaPs Outreach, Prevention and Education)
* [Emerging Leaders](https://www.cmu.edu/student-affairs/slice/leadership/emerging-leaders.html)
* [Environmental Health and Safety](https://www.cmu.edu/ehs/Training/index.html)
* [How to Help a Friend](https://www.cmu.edu/counseling/services/trainings_workshops.html)
* [Green Dot](https://www.cmu.edu/health-services/health-education-and-resources/green-dot.html)
* [Kognito](https://www.cmu.edu/counseling/services/trainings_workshops.html)
* [Life Labs](https://www.cmu.edu/wellness/be-well/speakers/index.html)
* [Mental Health First Aid](https://www.cmu.edu/health-services/health-education-and-resources/index.html)
* [MOSAIC Conference](https://www.cmu.edu/student-diversity/learning-and-development/index.html)
* [Question, Persuade, Refer (QPR)](https://www.cmu.edu/counseling/services/trainings_workshops.html)
* [Tartan Allies](https://www.cmu.edu/student-diversity/learning-and-development/index.html)
* [Women in Leadership](https://www.cmu.edu/student-affairs/slice/leadership/womens-leadership.html)
 |
| Campus Events | * [Graduate Student Specific Events](https://www.cmu.edu/graduate/index.html)
* [Student Affairs Calendar of Events](https://www.cmu.edu/student-affairs/get-involved/calendar.html)
* [University Events Calendar](https://www.cmu.edu/events/index.html)
 |
| Campus Newsletters | * [Student Affairs Newsletters](https://www.cmu.edu/student-affairs/life_at_cmu/index.html) (Be Well, Center for Student Diversity and Inclusion, Civic Engagement, Fitness Newsletter, Spirituality and Religious Life Newsletter)
* [Counseling Center dlist](https://lists.andrew.cmu.edu/mailman/listinfo/caps-events)
 |
| Campus Resources (FREE) | * [Arts Pass](https://www.cmu.edu/student-affairs/slice/involvement/arts-pass.html#Arts%20Pass)
* [Food Pantry](https://www.cmu.edu/student-affairs/resources/cmu-pantry/)
* [Headspace Plus Subscription using your Andrew email](https://work.headspace.com/cmu/member-enroll/login)
* [Group X (Group Exercise)](https://athletics.cmu.edu/fitness/groupx)
* [Legal Consultation](https://www.cmu.edu/student-affairs/resources/legal-consultation.html)
* [Online Learning Guidance](https://www.cmu.edu/student-success/online-resources/index.html)
 |
| Campus Resources (Group Services)  | * [Center for Student Diversity and Inclusion](https://www.cmu.edu/student-diversity/)
* [Counseling and Psychological Services](https://www.cmu.edu/counseling/index.html)
* [CMU Collegiate Recovery Community](https://www.cmu.edu/health-services/health-education-and-resources/index.html#:~:text=CMU%20Collegiate%20Recovery%20Community%20(CRC,from%20alcohol%20and%20other%20drugs.)
* [Pittsburgh Connections](https://www.cmu.edu/student-affairs/slice/involvement/pittsburgh-connections/index.html)
* [Religious and Spiritual Life Initiatives](https://www.cmu.edu/student-affairs/spirituality/index.html)
* [Student Academic Success Center](https://www.cmu.edu/student-success/programs/index.html)
* [Wellness Initiatives](https://www.cmu.edu/wellness/)
 |
| Campus Resources (Individual Services)  | * [Career and Professional Development Center](https://www.cmu.edu/career/)
* [Center for Student Diversity and Inclusion](https://www.cmu.edu/student-diversity/index.html)
* [College Liaisons](https://www.cmu.edu/student-affairs/resources/index.html#liaisons)
* [Counseling and Psychological Service](https://www.cmu.edu/counseling/index.html)
* [CMU Alert Emergency Notification System](https://www.cmu.edu/alert/)
* [CMU Collegiate Recovery Community](https://www.cmu.edu/health-services/health-education-and-resources/index.html%22%20%5Cl%20%22%3A~%3Atext%3DCMU%20Collegiate%20Recovery%20Community%20%28CRC%2Cfrom%20alcohol%20and%20other%20drugs.)
* [Disability Resources](https://www.cmu.edu/disability-resources/)
* [Emergency Student Loan](https://www.cmu.edu/sfs/billing/emergency-loans.html)
* [Ethics Hotline](https://www.cmu.edu/hr/resources/ethics-hotline.html)
* [Free Legal Consultation](https://www.cmu.edu/student-affairs/resources/legal-consultation.html)
* [Graduate Education Resources](https://www.cmu.edu/graduate/current-grad-students/resources-for-grad-students/index.html)
* [Global Communication Center](https://www.cmu.edu/gcc/)
* [HUB Liaison](https://www.cmu.edu/hub/contact/liaisons.html)
* [LGBTQIA+ Health](https://www.cmu.edu/health-services/services-and-fees/lgbtqia%2B.html)
* [Office of Community Standards and Integrity](https://www.cmu.edu/student-affairs/ocsi/)
* [Office of International Education](https://www.cmu.edu/oie/)
* [Office of Title IX Initiatives](https://www.cmu.edu/title-ix/)
* [Psychiatric Services](https://www.cmu.edu/counseling/services/index.html#psychiatric)
* [Rave Guardian App](https://www.cmu.edu/erm/index.html)
* [Religious and Spiritual Life Initiatives](https://www.cmu.edu/student-affairs/spirituality/index.html)
* [Resources for Domestic Partners, Families and Spouses](https://www.cmu.edu/graduate/current-grad-students/graduate-partners-spouses-families/index.html)
* [Student Academic Success Center](https://www.cmu.edu/student-success/)
* [Student Leadership, Involvement, and Civic Engagement](https://www.cmu.edu/student-affairs/slice/)
* [Student Support Resources](https://www.cmu.edu/student-affairs/resources/index.html)
* [Thriving Campus—Finding a local provider](https://www.cmu.edu/counseling/resources/index.html)
* [University Health Services](https://www.cmu.edu/health-services/)
* University Police
 |
| All Student Organizations  | * For a comprehensive review of all 250+ student organizations, visit [The Bridge](https://thebridge.cmu.edu/)
* [Student Leadership, Involvement, and Civic Engagement](https://www.cmu.edu/student-affairs/slice/) (SLICE)
* [Graduate Student Specific Engagement](https://www.cmu.edu/graduate/current-grad-students/getting-involved/index.html)
 |
| CMU has over 80 diversity related student organizations | * <https://www.cmu.edu/student-diversity/student-resources/student-groups.html>
 |
| Student Organizations (Emotional/Mental Wellness) | * [Active Minds](https://www.facebook.com/CMUActiveMinds/photos)
* [Here For You](https://www.facebook.com/HereForYouCMU)
* [Mindfulness Room Team](https://www.cmu.edu/wellness/be-mindful/mindfulness/index.html)
* [Peer Health Advocates](https://www.cmu.edu/health-services/health-education-and-resources/peer-health-advocates.html)
 |
| Student Organizations (Physical Wellness) | * [Club Sports](https://athletics.cmu.edu/recreation/clubsports)
* [Intramurals](https://athletics.cmu.edu/intramurals/index)
* [MellonFit](https://mellonfit.weebly.com/)
* [Plaidvocates](https://athletics.cmu.edu/athletics/sportsmed/plaidvocates/mission)
* For specific activity related clubs, visit [The Bridge](https://thebridge.cmu.edu/)
 |
| Student Organizations (Spiritual Wellness) | * [How to get involved in Religious and Spiritual Life at CMU](https://www.cmu.edu/student-affairs/spirituality/get-involved/index.html)
* [Student Organizations](https://www.cmu.edu/student-affairs/spirituality/get-involved/student-organizations.html)
 |

[Academic Course Offerings](https://enr-apps.as.cmu.edu/open/SOC/SOCServlet)

Carnegie Mellon is a private, internationally ranked research university. Students can pursue majors in the university's seven colleges: the Carnegie Institute of Technology (Engineering), the College of Fine Arts, the Dietrich College of Humanities and Social Sciences, the H. John Heinz III College (Policy and Information Systems), the Mellon College of Science, the School of Computer Science, and the Tepper School of Business.

This application entails a Course Search and a Complete Schedule of Classes option. We have highlighted current course offerings with a wellness theme attached. Keep in mind each semester is different and new courses are being added regularly.

Trainings and Workshops

Carnegie Mellon offers a wide variety of wellness and personal development workshops, trainings, and certifications through a variety of departments.

* [Bias Busters](https://www.cmu.edu/student-diversity/learning-and-development/index.html) The Center for Student Diversity and Inclusion in partnership with colleagues across campus and in the School of Computer Science, who originally piloted Bias Busters @ CMU (modeled after Google's Bias Busters @ Work), will be hosting several trainings for the campus community.
* [CaPS 101](https://www.cmu.edu/counseling/services/trainings_workshops.html): CaPS will provide an overview of services, address myths about waiting times, discuss how to refer or access services and answer any questions you may have. The length of this training varies depends upon need.
* [COPE workshops](https://www.cmu.edu/counseling/services/trainings_workshops.html) (CaPs Outreach, Prevention and Education): Any student, faculty or staff affiliated with CMU can request COPE (CaPS Outreach Prevention and Education) services. We can consult with you to help you decide how to best meet your needs. We can also help by tailoring a training or workshop to fit the needs of your department or group.
* [Emerging Leaders](https://www.cmu.edu/student-affairs/slice/leadership/emerging-leaders.html): The Emerging Leaders program is a long-stranding CMU tradition for first-year undergraduate students that is held in the spring semester, kicking off with an overnight retreat. Emerging Leaders strives to promote the development of leadership skills through collaborative civic engagement and service initiatives within the Pittsburgh community. The experience is facilitated by Emerging Leaders Mentors, student leaders who are upper-class students service in various leadership roles on campus. The mentors are committed to serving as role models and helping first-year students discover their leadership potential.
* [Environmental Health and Safety](https://www.cmu.edu/ehs/Training/index.html): Offers a wide variety of EHS training courses intended to increase your knowledge base, improve your ability to recognize and mitigate risk, and help you maintain a safe work environment.  If you are unsure which classes may be right for you, please contact EH&S.
* [How to Help a Friend](https://www.cmu.edu/counseling/services/trainings_workshops.html): This 90-minute training is offered to students, faculty and staff to educate about the signs of distress and when, how and if to intervene. Counseling and Psychological Services (CAPS) can customize the content and length of the training to the needs of the audience.
* [Green Dot](https://www.cmu.edu/health-services/health-education-and-resources/green-dot.html): At Carnegie Mellon, we are committed to ensuring that every community member feels safe and protected. That’s why we are heavily invested in the Green Dot initiative. The original [Green Dot](https://alteristic.org/services/green-dot/green-dot-colleges/) program was conceived in the college campus setting to prevent dating violence, sexual violence and stalking. It relies on the premise that if every member of the campus community—students, staff, administrators and faculty—does their small part, the combined effect is a culture that is safe and intolerant of violence.
* [Kognito](https://www.cmu.edu/counseling/services/trainings_workshops.html): Kognito is interactive role-play simulation for students, staff and faculty and builds awareness, knowledge and skills about mental health and suicide prevention. Users are introduced to a virtual coach to learn about physiological distress, how it impacts a person and how to intervene when appropriate. You can access the link as many times as you need and do not have to finish the simulation in one sitting. The simulation takes less than one hour to complete.
* [Life Labs](https://www.cmu.edu/wellness/be-well/speakers/index.html): Each year, Wellness Initiatives partners with students, faculty and staff to host wellness workshops, programs, and speakers. Life Labs showcase a range of wellbeing topics, from sustaining your energy and habit formation to gratitude practices and building personal resilience, and can be personalized to specific groups, and are applicable to undergraduate students, graduate students, faculty and staff.
* Mental Health First Aid: MHFA is an evidence-based, nationally-recognized training that teaches participants how to identify, understand, and support individuals struggling with mental health or substance use challenges. This training is offered once a month in collaboration with [Counseling and Psychological Services (CAPS)](https://www.cmu.edu/counseling/). MHFA 2.0 is an entirely virtual training consisting of 2 hours of self-paced instruction followed by 5 hours of live instructor-led training via Zoom. This training will be available to all CMU community members regardless of their physical location.
* [MOSAIC Conference](https://www.cmu.edu/student-diversity/learning-and-development/index.html): Building on the work of previous iterations, the MOSAIC Conference centers intersectionality as the root of our understanding of identity. As a regional conference, MOSAIC pulls in key partners from the Greater Pittsburgh community to create space and provide tools for conversations about intersectional identities. Attendees will discuss the multiple layers of identity and how to apply this understanding both inside and outside of academic spaces.
* [Question, Persuade, Refer (QPR)](https://www.cmu.edu/counseling/services/trainings_workshops.html): QPR is a two-hour suicide prevention training designed to educate the audience on warning signs of a suicide crisis and how to respond. The process follows three steps: (1) question the individual's desire or intent regarding suicide, (2) persuade the person to seek and accept help, and (3) refer the person to appropriate resources. QPR training is accredited by the [National Registry of Evidence-based Practices and Policies](https://www.samhsa.gov/ebp-resource-center)
* [Tartan Allies](https://www.cmu.edu/student-diversity/learning-and-development/index.html): Tartan Allies is a series of sessions offered to CMU faculty, staff, and students to foster a network of people who are committed to working toward an affirming environment for all at CMU. In particular, the series focuses on being an ally to those in the LGBTQ+ community. Tartan Allies is made up of three progressive sessions, with participants free to choose the number they wish to complete. As our name suggests, being an ally is not a passive behavior. Good and effective allies listen, learn and act. Join us for Tartan Allies sessions if you are interested in becoming part of this inclusive and supportive community.
* [Women in Leadership](https://www.cmu.edu/student-affairs/slice/leadership/womens-leadership.html): The Women in Leadership program at Carnegie Mellon aims to provide leadership development, guided reflection, networking opportunities, and support for woman-identified students at Carnegie Mellon. Events are formally supported by the Carnegie Leadership Consultants and the Office of Student Leadership, Involvement, and Civic Engagement.

Campus Events:

The [Student Affairs](https://www.cmu.edu/student-affairs/get-involved/calendar.html) and [University Events](https://www.cmu.edu/events/index.html) calendars provide a comprehensive guide to events happening in person and virtually at Carnegie Mellon. Each college will also provide event details specific to their programs and offerings, typically distributed via email to their cohort of students. In addition to these resources, the [Graduate Education](https://www.cmu.edu/graduate/index.html) office provide links to graduate student specific opportunities and events, and sends regular email announcements to update the graduate campus community.

Campus Resources (Free to all current CMU students)

Carnegie Mellon supports the holistic needs of our campus community. Below are some of the varied free resources we offer to all CMU students.

* [Arts Pass](https://www.cmu.edu/student-affairs/slice/involvement/arts-pass.html#Arts%20Pass): Through the generous sponsorship from many different funding bodies across campus, all graduate and undergraduate students can gain free access to the following venues throughout the year by swiping their Carnegie Mellon ID at each of the following [institutions](https://www.cmu.edu/student-affairs/slice/involvement/arts-pass.html#Arts%20Pass). In order to be eligible, your primary affiliation must be “student” and your information must be listed in the CMU Directory.
* [Food Pantry](https://www.cmu.edu/student-affairs/resources/cmu-pantry/): The CMU Pantry is committed to reducing hunger among students by providing nutritious food at no cost. We are dedicated to serving our student community with accessible food resources to promote a healthier, balanced university experience.
* [Headspace Subscription using your Andrew emai](https://work.headspace.com/cmu/member-enroll/login)l: Meditation and mindfulness have been shown to help people stress less, focus more and even sleep better. Headspace is your tool for mindful living. Student Affairs Wellness Initiatives is proud to offer current CMU students, faculty and staff a free subscription to Headspace – a mindfulness tool that leverages meditation, sleep, focus, and movement to improve your health and happiness.
* [Group X (Group Exercise)](https://athletics.cmu.edu/fitness/groupx): Group Exercise, which is now called Group-X, traditionally includes a schedule offering 30 to 35 weekly free classes in fitness (e.g., Zumba, kettlebell, HIIT (high intensity interval training), strength training, indoor cycling, yoga, combination strength and cardio classes, kickboxing, and multiple dance and other forms of fitness classes). During this time of Covid-19, Group X has shared recordings of live group x instruction for your personal use, to use in the comfort of your own room. A limited section of group x classes will be made available this fall and will require pre-registration.
* [Legal Consultation](https://www.cmu.edu/student-affairs/resources/legal-consultation.html): The Graduate Student Assembly, the Provost Office and the Undergraduate Student Senate have partnered to offer all CMU graduate and undergraduate students free legal consultations. The program is limited to one free 20-minute initial legal consultation with an attorney for each particular legal issue or question.
* [Online Learning Guidance](https://www.cmu.edu/student-success/online-resources/index.html): Whether you’re taking your courses in-person, remote, or using a hybrid model, you may find that your prior, tried-and-true strategies for engaging in instruction and learning need some backup. This site is designed to help you prepare for a successful semester of learning in an online environment with some quick tips and strategies, and highlights some of the ways in which you can connect directly with Carnegie Mellon resources that will foster your success.

Campus Resources (Individual and Group)

* [Career and Professional Development Center](https://www.cmu.edu/career/)
* [Center for Student Diversity and Inclusion](https://www.cmu.edu/student-diversity/index.html)
* [College Liaisons](https://www.cmu.edu/student-affairs/resources/index.html#liaisons): College Liaisons are experienced Student Affairs staff who work in partnership with students, housefellows, advisors, faculty, and associate deans in each college to assure support for students regarding their overall Carnegie Mellon experience. The college liaisons serve as the primary Student Affairs advocate for graduate students and undergraduate students living off campus.
* [Counseling and Psychological Service](https://www.cmu.edu/counseling/index.html)
* [CMU Alert Emergency Notification System](https://www.cmu.edu/alert/)
* [Disability Resources](https://www.cmu.edu/disability-resources/)
* [Emergency Student Loan](https://www.cmu.edu/sfs/billing/emergency-loans.html)
* [Ethics Hotline](https://www.cmu.edu/hr/resources/ethics-hotline.html)
* [Free Legal Consultation](https://www.cmu.edu/student-affairs/resources/legal-consultation.html)
* [Graduate Education Resources](https://www.cmu.edu/graduate/current-grad-students/resources-for-grad-students/index.html)
* [Global Communication Center](https://www.cmu.edu/gcc/)
* [HUB Liaison](https://www.cmu.edu/hub/contact/liaisons.html)
* [LGBTQIA+ Health](https://www.cmu.edu/health-services/services-and-fees/lgbtqia%2B.html)
* [Office of Community Standards and Integrity](https://www.cmu.edu/student-affairs/ocsi/)
* [Office of International Education](https://www.cmu.edu/oie/)
* [Office of Title IX Initiatives](https://www.cmu.edu/title-ix/)
* [Psychiatric Services](https://www.cmu.edu/counseling/services/index.html#psychiatric)
* [Rave Guardian App](https://www.cmu.edu/erm/index.html)
* [Religious and Spiritual Life Initiatives](https://www.cmu.edu/student-affairs/spirituality/index.html)
* [Resources for Domestic Partners, Families and Spouses](https://www.cmu.edu/graduate/current-grad-students/graduate-partners-spouses-families/index.html)
* [Student Academic Success Center](https://www.cmu.edu/student-success/)
* [Student Leadership, Involvement, and Civic Engagement](https://www.cmu.edu/student-affairs/slice/)
* [Student Support Resources](https://www.cmu.edu/student-affairs/resources/index.html): The [Student Support Resources team](https://www.cmu.edu/student-affairs/resources/index.html#team) offers an additional level of support and expertise for students who are navigating any of a wide range of life events. Student Support Resources staff members work in partnership with campus and community resources to provide coordination of care and support appropriate to each student’s situation.
* [Thriving Campus—Finding a local mental health provider](https://www.cmu.edu/counseling/resources/index.html)
* [University Health Services](https://www.cmu.edu/health-services/)

Student Organizations

For a comprehensive review of all 250+ student organizations, visit The Bridge: the online platform that houses all of CMU’s recognized student organizations including contact information, event promotion, and organization descriptions

* [Student Leadership, Involvement, and Civic Engagement](https://www.cmu.edu/student-affairs/slice/) (SLICE): The Office of Student Leadership, Involvement, and Civic Engagement provides and promotes opportunities that facilitate students’ development of self and community. Our passion for purposeful engagement, ethical leadership, self-efficacy, and social change drives our work as advocates and advisors. Through experiential learning, we support, educate, and embolden the next generation of leaders and global citizens as they make lasting, positive impacts on their communities.
* [Graduate Student Specific Engagement](https://www.cmu.edu/graduate/current-grad-students/getting-involved/index.html): There are a multitude of ways of getting involved as a graduate student, and this site is a great starting point as graduate students look beyond the professional and programmatic offerings their individual department provide.

[Diversity Related Student Organizations](https://www.cmu.edu/student-diversity/student-resources/student-groups.html): Carnegie Mellon University has more than 80 diversity-related student organizations. These organizations serve to engage students in a wide variety of activities, provide students with a link to their own culture and expose the campus community to other cultures. There are organizations specific to academic and professional affiliations, arts and expression, gender and LGBTQ+, and international and multi-cultural advancement. For a complete guide to all student organizations, visit [The Bridge](https://thebridge.cmu.edu/).

Student Organizations for Emotional/Mental Well-being:

* [Active Minds](https://www.facebook.com/CMUActiveMinds/photos): Active Minds at Carnegie Mellon aims to break stigma surrounding mental illness and raise awareness on mental health through campus-wide events and meetings. We initiate open discussion on the community's mental well-being, provide students with easy access to information about mental disorders, and encourage students to seek help. We are a chapter of Active Minds, a national nonprofit organization that promotes awareness and education about mental health and mental illness on college campuses, providing a platform for discussion on subjects that have a stigma surrounding them. Our main goal is to remove stigma surrounding mental health disorders so that students will feel more comfortable openly discussing mental-health related issues and seeking help.
* Here For You: Here for You is a student organization at Carnegie Mellon University founded to address student issues regarding student mental health, with a focus on improving campus culture and improving access to support resources.
* [Mindfulness Room Team](https://www.cmu.edu/wellness/be-mindful/mindfulness/index.html): Located on the ground floor of West Wing, the Mindfulness Room is a venue that is traditionally open 24/7 as a dedicated space to simply rest, breathe, and relax with no agenda. Currently, the venue is closed to support the health and safety of our community members during Covid-19; however, the student group that leads this space is still working hard to provide an array of resources and virtual programs. The group coordinates virtual pet therapy, wellness workshops, and guided meditation offerings. Anyone is welcome to join this team by emailing the Mindfulness Room chair, Willetta Wisely or the staff advisor, Angie Lusk, for more information.
* [Peer Health Advocates](https://www.cmu.edu/health-services/health-education-and-resources/peer-health-advocates.html): Peer Health Advocates (PHAs) are a group of student employees engaged in Health Education in University Health Services. At this time, the Peer Health Advocates are offering virtual health education to support our community's health and well-being.  Connect with them on [Instagram](https://www.instagram.com/cmupha/) or email healthpromotion@andrew.cmu.edu with your virtual program requests.

Student Organizations (Physical Well-being)

* [Club Sports](https://athletics.cmu.edu/recreation/clubsports): This program offers members of the Carnegie Mellon University community the opportunity to participate in non-varsity intercollegiate athletic competition and formalized group instruction. Club Sports are recognized student organizations that establish their own leadership, structure, membership requirements, competition schedules, dues, and fundraising events. The clubs provide social, competitive, instructional, and safe environments based on the common interests of the participating members.
* [Intramurals](https://athletics.cmu.edu/intramurals/index): The goal of our program is to establish fun and inviting playing environments for all skill levels. Various leagues and tournaments are offered to the entire University community each year. Through participation in this program, students are able to remain physically fit and develop leadership, teamwork, sportsmanship and other important life skills. We understand how important the intramural program is to our student body, but at this time intramurals at Carnegie Mellon University is put on hold until further notice.
* [MellonFit](https://mellonfit.weebly.com/): MellonFit is a CMU affiliated organization that runs a gym and hosts fitness classes and group activities, located in Mellon Institute. The group is a compilation of CMU students (graduate and undergraduate), faculty, and staff.
* [Plaidvocates](https://athletics.cmu.edu/athletics/sportsmed/plaidvocates/mission): The Plaidvocates are a peer health and wellness advocacy program for student-athletes that supports the well-being of CMU’s varsity athletics community. This peer-to-peer volunteer organization is comprised of student-athletes that lead by adopting health-promoting behaviors, provide year-round support and mentorship, and empower their peers to engage in responsible and informed decision making.
* For specific sport or activity related clubs, visit [The Bridge](https://thebridge.cmu.edu/)

Student Organizations (Spiritual Well-being)

* [How to get involved in Religious and Spiritual Life at CMU](https://www.cmu.edu/student-affairs/spirituality/get-involved/index.html): There are many ways to get involved in Religious & Spiritual Life at Carnegie Mellon. Students connect to with religious and spiritual life opportunities in a variety of ways depending on what they are seeking. Visit this page for some of the many possibilities.
* [Student Organizations](https://www.cmu.edu/student-affairs/spirituality/get-involved/student-organizations.html): There are a variety of Student Organizations dedicated to the Religious & Spiritual development of students at Carnegie Mellon. This link will showcase how you can browse student organizations by faith. If you don't see your group represented, or if you'd like to start a religious or spiritual student organization, please contact Jonny Cagwin (Coordinator of Religious Life).