RAMSTRONG

A collective health and well-being resource for the VCU community. Explore resources from the eight dimensions of well-being available to students.

**PHYSICAL**
University Student Health Services, recreation and well-being, RamBikes, LBGTQIA+ health resources, Ram Pantry, and more

**OCCUPATIONAL**
VCU Career Services, student jobs and Handshake

**EMOTIONAL**
TimelyCare, You@VCU, University Counseling Services, Artfulness, Keep on Being Well, Calm and more

**ENVIRONMENTAL**
VCU Recreational and Well-being: Outdoor Adventure Program, RamsWay, VCU Safe Zone, VCU Sustainability, VCU community and learning gardens, and more

**FINANCIAL**
Student Financial Services, VACU Financial Success Center, CommonHealth bite-sized learning videos, Virginia529 and more

**SOCIAL**
Student Accessibility and Educational Opportunity, community engagement, VCU Link, and Volunteer VCU

**INTELLECTUAL**
Dean of Students Office, VCU Library workshops, LinkedIn Learning, learn a foreign language and The Workshop

**SPIRITUAL**
Mindfulness/meditation and yoga classes, and chair yoga

[ramstrong.vcu.edu]