

## Aggie Health & Wellness Center

Healthcare and counseling services are available to students on-campus. The Center serves as the student's primary care resource at NMSU. Services include:

- Same Day Appointments and Urgent Care Walk-in
- Counseling (individual, couples, and group)
- Crisis Intervention
- Immunization and Travel
- Insurance Claims Filing
- Laboratory
- Medical Evaluation
- Pharmacy
- Physicals
- Radiology (X-ray)
- Women's Health

Charges are assessed for medication, lab work, testing and procedures. Part-time students are subject to office visit fees. Counseling services are free to all enrolled students. All charges made be paid by cash/check, credit card, or billed to a student's NMSU account.

All services are strictly confidential. Staff are trained in, and sensitive to, multicultural and academic issues, relationships, family difficulties, trauma, and feelings of depression and anxiety.

**[wellness.nmsu.edu](http://wellness.nmsu.edu)**  
**575-646-1512**



## Wellness, Alcohol & Violence Education (WAVE)

The WAVE program provides students with information and skills necessary to make responsible decisions about their personal health, safety, and well-being. WAVE is a peer education program that offers information related to:

- Alcohol Awareness
- Bystander Training
- Community/Campus Resources
- Eating Disorders
- Healthy Relationships
- Illness Prevention
- Lifestyle Changes
- Media Literacy
- Mental Health
- Safe Sex
- Suicide Prevention
- Violence Prevention

WAVE is a harm reduction program employing a dynamic and comprehensive plan to create bridges to campus partners that cultivate safe environments and inclusive activities for all students.

**[wave.nmsu.edu](http://wave.nmsu.edu)**  
**575-646-2813**

## Social Services

NMSU Social Services are here for students who need additional support and resources, or who need help learning how to navigate the university and Las Cruces community systems and advocate for themselves.

**[wellness.nmsu.edu/social-services](http://wellness.nmsu.edu/social-services)**  
**575-646-6854**

## Aggie Cupboard

The Aggie Cupboard provides free emergency food assistance to the NMSU community.

Aggie Cupboard provides non-refrigerated, nutritious food that typically includes staples such as proteins, vegetables, fruit, cereals, soups, beans, rice, pasta and sauces.

The Cupboard is supported by volunteers and service groups donating their time and energy to reduce the effects of food insecurity and hunger on campus.

**[aggiecupboard.nmsu.edu](http://aggiecupboard.nmsu.edu)**  
**575-646-7636**



# BE A HEALTHY AGGIE



New Mexico State University promotes wellness of the body, mind, and spirit and tangibly supports a culture in which all community members understand, value, and make healthy lifestyle choices.



All About Discovery!™  
**New Mexico State University**  
**[nmsu.edu](http://nmsu.edu)**





The Health and Wellness department includes the Aggie Health and Wellness Center, the Activity Center, the Aquatic Center, and Health Promotion and Outreach programs.

## Activity Center

The 100,000 square foot James B. Delamater Activity Center is home to all recreational sports and activity on campus. Facilities include:

- Cardio Room
- Weight Room
- 4 Racquetball Courts
- 12' Bouldering Wall
- Dance/Aerobic Studio
- Indoor Cycling Area
- Indoor Running Track
- 6 Basketball/Volleyball Courts
- 2 Futsal Courts
- Intramural Fields
- Outdoor Recreation Office

**[recsports.nmsu.edu](https://recsports.nmsu.edu)**  
**575-646-2885**



## Aquatic Center

The Aquatic Center contains a 25-yard indoor pool and an Olympic-size outdoor pool. Both pools are heated and open year-round. Come swim laps or go off the one-meter or three-meter diving boarding during recreational swim time.

The Aquatic Center has a variety of programs and offerings for the NMSU campus including:

- Aggie Outlaw Swimming - a developmental swim team designed for children ages 4 to 18.
- Masters Swim Team - promotes lifelong fitness and fun through organized adult swim instruction.
- Swim School - a community based swim instruction program developed for teaching swimming and water safety.
- Red Cross Courses - provide certification in first aid, CPR, lifeguarding, water safety, and wilderness first aid. All classes are Red Cross certified.
- Pool and Lane Rentals - for events, teams, and other activities.
- Lockers - rental and daily use lockers are available.

**[recsports.nmsu.edu/aquatics](https://recsports.nmsu.edu/aquatics)**  
**575-646-3518**

NMSU is an equal opportunity institution. For disability accommodation, please contact Health and Wellness, 575-646-1512, [campus\\_health@nmsu.edu](mailto:campus_health@nmsu.edu).

## Intramural Sports

Competitive and recreational leagues that include individual, dual, and team sports.

- Badminton
- Basketball
- Dodge Ball
- Flag Football
- Futsal
- Racquetball
- Soccer
- Softball
- Spike Ball
- Ultimate Frisbee
- Volleyball
- Water Polo



**[recsports.nmsu.edu/intramural](https://recsports.nmsu.edu/intramural)**  
**575-646-2885**

## Outdoor Recreation

Outdoor Recreation offers opportunities to meet new people, see new places and have diverse experiences, including:

- Bouldering Competitions
- Bike Shop
- Climbing Wall
- Outdoor Shop
- Rentals for climbing, backpacking, camping and water sports
- Resources (maps, guidebooks, trip reports)
- Trips and Clinics - backpacking, skiing, snowboarding, hiking, rock climbing

**[recsports.nmsu.edu/outdoor](https://recsports.nmsu.edu/outdoor)**  
**575-646-2885**



## Employment Opportunities

Health and Wellness provides many opportunities for students to work part-time while attending class. The centers have both work-study and regular student employees, including:

- Activity Staff
- Bike Mechanic
- Clerical Aide
- Climbing Attendant
- Fitness Attendant
- Group Fitness Instructors
- Health Aid
- Lifeguards
- Outdoor/Trip Leaders
- Outdoor Center Attendant
- Sports Camp Counselor
- Sports Officials
- Swim Instructors
- Weight Room Attendant

**Contact each center for more information.**