



Purpose

Located on the second floor of the Ambrose Health Center, the Relaxation Room is a private, quiet space to develop and practice relaxation skills to enhance overall well-being. All UW-Whitewater students and employees are welcome to use the room.

Resources Available

Chair, couch, lamps, and blankets
EmWave biofeedback program
Relaxation/meditation CDs
Water fountain
Adult coloring books and colored pencils
Light therapy lamp
Weighted blanket
Essential oils and diffuser
Buddha board
Sand garden
Fidget toys
Yoga mat
Meditation cushion
Disposable ear plugs
iPad (w/relaxation apps)

Appointments

Visits are limited to one person at a time and appointments are required. Students and employees can call UHCS at 262-472-1305 or students can log into their MyUHCS portal (uww.edu/uhcs). Staff will show you how to use the resources available when you check-in at the 2nd floor reception desk.

Availability

The room can be reserved for 30 or 60 min. sessions Monday through Friday, 8am-3pm, when not in use by group therapy or massage clients. Same day appointments may be available. Call or log into your MyUHCS portal to see the current availability.



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