



### 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](http://uww.edu/uhcs)). Staff will show you how to use the resources available when you check-in at the 2<sup>nd</sup> 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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