



**Williamsburg Health Foundation Presents
2016 Annual Awards to William & Mary's
Division of Student Affairs
For a New Model for Student Health and Well-Being**

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Embargoed until October 6, 2016

WILLIAMSBURG – On October 6, 2016, the Williamsburg Health Foundation will present William & Mary's Division of Student Affairs with the 2016 Williamsburg Health Foundation Award for its work to create an integrated, comprehensive system of wellness programs for students and all campus community members.

Instead of a traditional, medical model of health, the university now considers health in eight dimensions that together create overall well-being. These dimensions include social, emotional, spiritual, intellectual, physical, environmental, financial and occupational health.

“Reshaping systems like those that have existed for decades around student health requires both vision and determination. The Foundation honors William & Mary for the important challenge it has undertaken. There is nothing

easy about addressing well-being in many dimensions,” says Williamsburg Health Foundation President and CEO, Jeanne Zeidler. “It would have been easier for the university just to stick to approaches like ‘get rest, exercise and eat right.’ ”

“If people aren’t well, they can’t do their best work, and the people around them also can’t do their best work. So, wellness is crucially important to the functioning and the high morale of the university,” said William & Mary President Taylor Reveley.

“Student well-being is the foundation for success; not only academic success, but also life success. We recognized that there was a lot that we could do to support students in living well during their time at the college,” said Virginia M. Ambler, Vice President for Student Affairs.

“We believe that William & Mary’s work is creating a model that will improve the health of Greater Williamsburg and those who live in it. We believe that the university’s work will help to create future leaders who understand that health and well-being are complex issues. Real, meaningful health cannot be achieved without the right opportunities to live a healthy life. William & Mary provides students with those opportunities and much more,” says Jeffery O. Smith, chair of the Williamsburg Health Foundation’s board of trustees.

More information about the Foundation is available at www.williamsburghealthfoundation.org. To learn more about The Eight Dimensions of Wellness, please visit <http://www.wm.edu/offices/wellness/eight-dimensions>. The Williamsburg Health Foundation is a private foundation that seeks to improve the health of those living in Greater Williamsburg. The vision of the Foundation is, “Individuals making healthy choices in a community with health opportunity for all.”

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