A.5 Mission/Vision/Values

Mission Statement

Our mission as the UND Wellness Center is to enhance the campus climate and enrich the quality of life for the University of North Dakota community by embracing all dimensions of wellness.

Vision Statement

The vision of the University of North Dakota Wellness Center is to exceed expectations of those we serve. We will accomplish this by:

1. Improving the quality of life for those we serve, through the increased awareness and application of all dimensions of wellness.

2. Providing those we serve with the highest level of service, courtesy, respect, and dignity.

3. Recruiting, developing, and retaining a committed wellness team.

4. Developing, partnerships with internal and external agencies in support of our mission.

5. Assessing the needs of those we serve and by developing and maintaining services and educational programs that are consistent with our mission.

6. Providing and maintaining high quality facilities and equipment as a means of delivering our services and educational programs to those we serve.

7. Marketing and promoting multidimensional wellness programs, services and facilities.

8. Identifying and securing financial resources that are consistent with our mission.

9. Remaining committed to the scope of our mission and focused on those we serve.
**Value Statements**

*Students First*

View University of North Dakota students as the primary membership group, but commit to providing all members and guests with the highest levels of service, courtesy, respect, and dignity.

*Wellness*

Recognize that helping members of the campus community understand, develop and embrace a lifelong commitment to wellness in its seven dimensions is the primary reason for our existence.

*Quality*

Expect quality and foster it in the facilities and programming we provide, the staff we employ, and the service we give.

*Tradition*

Respect tradition, learn from experience, encourage and support creativity, and embrace change and the opportunities it brings.

*Accountability*

Maintain highest standards of professionalism and fiscal responsibility in all our decisions and actions.

*Innovation*

Actively engage in progressive thinking and decision-making, assessment, and application of best practice.

*Integrity*

Act with honesty, integrity, and high ethical standards in all our endeavors.

*Respect*

Treat everyone with dignity, respect, fairness, and consistency.
Introduction

Teamwork

Recognize our colleagues and partners as the foundation of our organization and acknowledge that our strength comes from commitment to the mission, communication, embracing our individuality and teamwork, sharing expertise, mutual empowerment and motivation, and celebrating success.

Diversity

Appreciate and respect diversity of people, ideas, thought, and beliefs; support inclusiveness which creates a sense of community.

Education

Contribute to student development with high quality and challenging experiences through expanding student programs, academic collaborations, leadership initiatives, and information technologies.

Research

Expand and strengthen the University’s commitment to research and creative activity as it applies to our operation.
A.6 Assumption of Risk

The Wellness Center operates on an “exercise at your own risk” policy. The use of the Wellness Center facility and its programs is completely voluntary. Each individual utilizing the facility assumes the risk for any harm or injuries sustained. Neither the University of North Dakota, nor the Wellness Center can assume any responsibilities for injuries incurred through participation in its programs and/or services in or outside the facility. It is strongly advised that participants use caution and be aware of potential health risks associated with exercise, and obtain a physical from a doctor before beginning an exercise program.
A.7 Location and Hours of Operation

UND Wellness Center
801 Princeton Street
Stop 8365
Grand Forks, ND 58202
(701) 777 – 9355

Hours of Operation

Fall/Spring Normal Hours

- **Monday – Friday**: 5:30 am – 11:00 pm
- **Saturday**: 9:00 am – 8:00 pm
- **Sunday**: Noon – 9:00 pm

Summer Hours

- **Monday – Friday**: 5:30 am – 9:30 pm
- **Saturday**: 9:00 am – 6:00 pm
- **Sunday**: Noon – 6:00 pm

Reduced hours of operation (including closure) are in effect during semester breaks, university holidays and other scheduled breaks.

An annual shutdown will occur for routine maintenance and cleaning. Guests will be notified of the shutdown prior to the event.

Please note that all hours are subject to change due to the academic calendar, unforeseen circumstances and/or maintenance schedules. Please consult our website for the latest information pertaining to hours of operation. The Wellness Center website is: [www.wellness.und.edu](http://www.wellness.und.edu).