

Wellness Resources in the Library at UICOMP

**At the Library of the Health Sciences - Peoria,
we are dedicated to supporting student wellness and providing a comfortable atmosphere!**

We have:

- Activity kits that include tennis rackets and tennis balls, binoculars and a field guide, brain teasing puzzles, and a football, soccer ball, and Frisbee. Kits can be checked out for 24 hours.
- Study Break supplies that include origami guides and papers, coloring books and colored pencils, and note cards.
- Group activities like a community jigsaw puzzle.
- Medical and nursing student life materials that include books to help you balance work and life, gain perspective on your chosen specialty, cook a healthy meal, or just relax and read for fun.

Library staff also sometimes provide free coffee and snacks.

If you need help finding anything or have a suggestion, let us know and we'll be happy to help.

Feel free to submit your questions, comments, and suggestions: lib-pref@uic.edu