

**MEMORANDUM**

Office of the Provost

C. L. Max Nikias  
Executive Vice President  
and Provost

Malcolm R. Currie Chair  
in Technology and  
the Humanities

**To:** The Faculty

**From:** C.L. Max Nikias

**Date:** August 25, 2009

**Subject:** Wellness



I want to call your attention to USC's Healthy Trojans website, <http://wellness.usc.edu/>. It is part of our efforts to create a culture of wellness at USC, growing out of our concern for the well being of the Trojan Family. The importance of both sound mind and body has long been proclaimed in the center of the University Park Campus, by the inscriptions on our Physical Education Building that recognize *In concordiam mentis et corporis* and ΑΝΘΡΩΠΟΣ ΨΥΧΗΝ ΚΑΙ ΣΩΜΑ ΣΥΜΜΕΤΡΟΣ.

The Healthy Trojans website provides information on:

- physical wellness, including fitness, healthy diet, healthy weight, and smoking cessation.
- emotional and social health, including reducing stress and managing depression.
- spirituality and community service, cultivating the whole person.
- work/family balance, including information on childcare, eldercare, and housing. Important to highlight is the section on Academic and Family Life Balance in the Faculty Handbook.

The website provides an inventory of policies, programs and resources at USC, and links to many faculty research activities that are making a meaningful difference in the health and welfare of society. In addition, there is a section developed by our Health Promotion and Prevention Services of the student Health Center. The website includes Upcoming Events, and is updated frequently. The Healthy Trojans website has been a collaborative project coordinated at my request by the Center on Work and Family Life, and I thank **Joan Weiss** and **John Gaspari**.

Many USC programs have long promoted wellness, including the departments of Occupational Therapy and Physical Therapy, the Keck School of Medicine, the

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School of Dentistry, and the School of Pharmacy. In my family friendly initiative of 2005, I adopted the goals of further improving the quality of life for USC faculty and promoting health and wellness, established the Center on Work and Family Life, and created the committee on Work and Family Life, currently chaired by **Christopher Chomyn**. Wellness has been a priority of the Academic Senate and its Faculty Environment Committee, chaired this year by **Ann Crigler**, who made this a central theme during her term as President of the Faculty. The Employment Benefits Advisory Committee, chaired by **James Manegold**, is also considering how to further this important goal. Dean **R. Pete Vanderveen** has agreed to bring his expertise to working with these committees on additional strategies to promote wellness in the year ahead.

We hope you take advantage of the many resources available to you.