

# WELL-BEING, HEALTH, AND COUNSELING

---

## Pruitt Center for Mindfulness and Well-Being

The Pruitt Center for Mindfulness and Well-Being (<https://www.uwsuper.edu/student-life/health-and-wellness/pruitt-center-for-mindfulness-and-well-being/>) is committed to advancing the science and practice of mindfulness and well-being, utilizing a multidimensional framework that recognizes a diverse population within the UW-Superior campus and surrounding region. The following are offered through the center.

- Mindfulness and well-being resources and expertise
- Learning projects
- Personal/professional development activities

## Student Health and Counseling Services

Student Health and Counseling Services (<https://www.uwsuper.edu/student-life/health-and-wellness/health-and-counseling-services/>) operates out of the Marcovich Wellness Center. SHCS offers services both on-campus and off-campus to eligible UW-Superior students. On campus services include free counseling, health education services and referrals. Off-campus services include medical services at the UW-Superior contracted medical providers for physical, reproductive and psychiatric care. Please check UW-Superior Student Health and Counseling Services for the listing of current providers and medical procedures covered.

## Contact Information

Pruitt Center for Mindfulness and Well-Being  
University of Wisconsin - Superior  
Swenson Hall 3117  
Belknap and Catlin Ave.  
P.O. Box 2000  
Superior, WI 54880  
**Phone:** 715-394-8094  
**Email:** [mindfulness@uwsuper.edu](mailto:mindfulness@uwsuper.edu)