

At Perelman, wellness is defined as a dynamic and ongoing process involving self-awareness and healthy choices resulting in a successful, balanced lifestyle.

The goals of our wellness program are to:

- Enable a medical school experience of growth and professional maturation
- Promote medical student wellness as a means of supporting and sustaining an inclusive medical school community
- Foster self-care as a critical element of physician professionalism

**PEOPLE**

*The Perelman Wellness Program involves the coordinated efforts of:*

**FACULTY LEADERS**  
*Program for Diversity & Inclusion and the Office of Student Affairs*

**STUDENT LEADERS**  
*Diversity & Inclusion Student Advisory Committee, Gold Humanism Honor Society, House Councils & Medical Student Government*

**PATHWAYS**

**ACADEMIC SUPPORT & CAREER COUNSELING**  
*Tutoring, study and test-taking skills, clinical coaching*

**FACULTY ADVISING & MENTORING**  
*Advisory Deans, Diversity & Inclusion Deans, Doctoring preceptors, Master Clinicians*

**CURRICULAR PROGRAMMING**  
*Personal Resilience curriculum, Doctoring courses*

**ELECTIVE PROGRAMMING**  
*Healer's Art, yoga, Mind-Body-Meditation, MS1 Hiking Trip, free membership to Penn gyms, cultural & religious affinity groups, embedded counseling and psychological services*

**PRINCIPLES**

*The five components of the Perelman Wellness Program are illustrated below.*

