

Psychological

Personal Care Team

• Employee Assistance Program

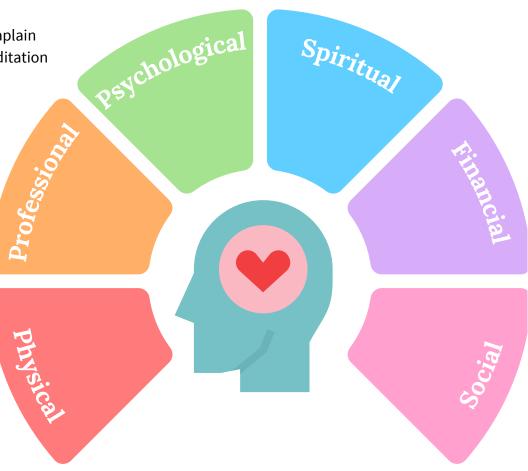
• Faculty and Staff Chaplain

Mindfulness and meditation workshops

Professional

- CPR/AED Training
- Self-defense Training
- Pepperdine Honors
- LinkedIn Learning
- Development Sessions
- Learning and Career Growth Library

Wellness Wheel



Spiritual

- Wellness Library
- Bible Lectureship
- Worship Events
- Spiritual Development Opportunities
- Bible Studies
- Chapel Services

Financial

- Tuition Remission
- Life Insurance
- Met-Law
- Retirement Benefits
- University Credit Union
- Financial Education
 Seminars

Physical

- Group Fitness Classes
- Vaccine Clinics
- Wellness Fair
- Biometric Screenings
- Swimming Pool & Jacuzzi
- Weight Room
- Hiking Trails
- Tennis Courts
- Track

Social

- Athletic Events
- Lunch & Learn Presentations
- Volunteer Opportunities
- Family Picnic Day
- Family Movie Night
- Holiday Receptions