



PEPPERDINE
UNIVERSITY

Wellness Wheel

Psychological

- Employee Assistance Program
- Personal Care Team
- Faculty and Staff Chaplain
- Mindfulness and meditation workshops

Spiritual

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

Professional

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

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

