

Maintaining a Healthy Heart Wellness Resources

- **Pepperdine Campuses**
 - Healthy on [Campus Dining](#) Options
 - Free [group fitness classes](#)
 - [State-of-the-art facilities](#), including, tennis and pickleball courts, lap pool, track and field, and a fully equipped fitness center
 - West LA Fitness Center Access at the [6601 Gym](#)
 - Download the app for more information ([Apple](#) | [Android](#))
 - Calabasas Wellness Affinity Group each Tuesday and Thursday at 12 PM
 - Email [Kimberlee Kayton](#) to register for the sessions
- **Pepperdine Programming**
 - [Pacific Health and Wellness](#) Preventative Health Screenings
 - Available on the Malibu campus twice each year
 - Quest [Biometric Screenings](#)
 - Available each year on the Malibu campus and by request at Quest centers
 - Virtual [Pacific Crest Trail Expedition](#) Challenge
- **Health Advocate**
 - [Employee Assistance Program](#) (EAP)
 - Healthy recipes through [Health Advocate](#)
 - Health Advocate [Tobacco Cessation Program](#)
 - Substance Misuse and Addiction resources through [Health Advocate](#)
- **Aetna**
 - Aetna [Health Your Way](#)
 - Aetna [AbleTo](#)
 - Personalized support that can aid in prioritizing your mental health
 - Heart Health [Screening Locations](#)
- **Kaiser Permanente**
 - Calm for [Kaiser members](#)
 - Heart Health [Screening Locations](#)