

Virginia Tech Carilion School of Medicine (VTCSOM)

Statement: Athletics
Subject: Student Affairs
Administrator: E. Holt
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A small work-out facility is available on the 2nd floor of VTCSOM for students, faculty, and staff. The facility includes bikes, treadmills and a resistance band station. Shower facilities and temporary lockers are available. Students can use this facility at their leisure. All students also receive a membership to three Carilion Wellness Fitness Centers (Roanoke, Downtown Roanoke and Botetourt). More information on this can be found at <http://www.carilionwellness.com/>

Additionally, the Roanoke River Greenway and Rivers Edge Athletic Complex are within walking distance of the VTCSOM Campus and provide ample opportunity for outdoor recreation close to campus. Students also receive a Wellness Weekly email newsletter from the Director of Academic Counseling and Enrichment Services on behalf of the Wellness Advocacy Committee each Friday highlighting ways to stay well during medical school.