NCRC Wellness Center Opens Today!

The Wellness Center is a resource to help promote greater health and wellness for all UMHS employees and U-M faculty & staff located at NCRC. This is accomplished by offering fitness and strength training machines, MHealthy Classes and multiple Wellness Programs.

**MHealthy Survey Results**

Become an NCRC Wellness Center Member
For access to the Wellness Center please review and complete all of the required forms below and bring them with you to the mandatory orientation:

- Read the [NCRC Wellness Center Guidelines](#)
- Complete the [NCRC Identification Card Request and Access/Change](#)
- Complete the [NCRC Wellness Center Liability Form](#)
- Complete the Physical Activity Readiness Questionnaire (PAR Q/Informed Consent)
- Complete the Mandatory Orientation Sign-up/Schedule

For more information visit the [NCRC Wellness Center Website](#)

**Facilities**

- Building 10 Entrance Construction
- NCRC Facilities Thanksgiving 2013
- Courtyard Closure for Winter
- Building 36 Exterior Construction
- Building 10: Air Handling Replacement Project - Window Replacement

Click here to view all NCRC Notifications & Updates

**Events**

- 11/21 - CBSSM Seminar: Michele Gornick, PhD
- 11/26 - NCRC Child Care Center Tailgate Parade

NCRC Quick Links
- Maps
- Notifications & Updates
- Flavors - Opus One
- Request Forms
- Welcome Kit
- Annual Report
- Scientific Core Facilities
- Research
- Partnerships
- Amenities
12/11 - Computer Showcase - Order Now!

Announcements

- Business Engagement Center & Michigan Venture Center Honored
- Dr. Pescovitz: The Future I Want To Create
- NCRC Town Hall Photos
- MLibary@NCRC: Resources to Track Health Care Reform Policies

Reminders

- Tech Tip: Be aware of a recent computer threat called "CryptoLocker," which infects Windows computers through malicious email attachments. Do not open email attachments of any kind and do not click links unless you can verify that they are safe and from someone you know and trust! If you have questions call 763-7770 or email msishelp@umich.edu
- Have you updated your information in MCommunity?