

HEALTH AND WELLNESS OPPORTUNITIES

Bay Path University encourages students to attend to mind, body, and spirit. Students taking courses on campus have access to the Breck Fitness Center and course work that helps students learn more about effective ways to maintain and cultivate health and wellness. Several options for physical fitness and wellness courses are offered each semester (see PHY courses (<https://catalog.baypath.edu/course-descriptions/phy/>)). These opportunities range from boxing to yoga to meditation.