Welcome to Health & Counseling Services

We hope you will come to see Health & Counseling Services as a wellness center as well as a place to come when you are ill. Think of this as an opportunity to maintain your health and to increase your knowledge and awareness to prevent illnesses and injuries. Being in good health is of the utmost importance to maintaining good academic standing as well as quality of life. A healthy lifestyle includes the following three components:

- A Healthy Body - diet, exercise, rest, disease prevention
- A Healthy Mind - fun, exercise, relaxation, stress management
- A Healthy Environment - social supports, community involvement, personal safety

Good health and a good education go hand in hand - take advantage of both while you are at Prairie View A&M University. Health & Counseling Services is your Healthful Way to Better Living.

T.J. Pierre, Administrator