Health Initiatives

VISION: To transform the Yellow Jacket community by inspiring a thriving and resilient culture of health and well-being.

MISSION: To cultivate a thriving environment that enhances lifelong well-being among students and employees who live, learn, and work in the Georgia Tech community.

LOCATION: Joseph B. Whitehead Building (Stamps) 2nd floor

SUB-UNITS: Community Nutrition, Health Education, VOICE
Community Nutrition Team

Leah Galante
Dietitian

Amber Johnson
Dietitian

The nutrition team can be contacted at nutrition@gatech.edu
Nutrition Programs and Services

- Nutrition Counseling
- Cooking Demonstrations
- Programs and Presentations
- Meal Plan Support
- Dining Collaborations
- Eating Disorder Treatment Team
Health Education Team

Sarah Morales
Health Educator

Pat Gordon
Health Educator

The health education team can be contacted at healthy@gatech.edu
Presentation Request

Let us bring a presentation or workshop to your next class or meeting. Our staff is able to provide programming in the areas of:

- Alcohol
- Finance
- Goal-Setting
- Happiness
- Mindfulness
- Nutrition
- Purpose
- Relationships
- Resilience
- Sexual Health
- Sexual Violence Awareness/Prevention
- Sleep
- Stress
Virtual Outreach Opportunities

Well-Being Weekly

Virtual 1-Hour Workshops
Held weekly to support your well-being.

MINDFUL MONDAYS | 4 PM
Mindfulness meditation to start a Mindful week

TEDxTALK TUESDAYS | 12 PM
15-minute Ted Talk and discussion over lunch

WELL-BEING WEDNESDAYS | 2 PM
Wellness trivia on a variety of topics

VOICE MESSAGE THURSDAYS | 1 PM
Sexual violence prevention presentations on supporting survivors, 10 signs of healthy and unhealthy relationships, virtual harassment topics, and a critical look at Netflix dating shows

FLAVORFUL FRIDAYS | 12 PM
Recipe ideas and spicy nutrition conversation

https://healthinitiatives.gatech.edu
VOICE
Sexual Violence Prevention & Sexual Assault Advocacy

Jennifer Gagen
VOICE Advocate

Amanda Planchard
VOICE Advocate

Deontez Wimbley
Health Educator

The VOICE team can always be contacted at voice@gatech.edu or by telephone 404-894-9000
Role of the Advocate

- 24-hour support and information to primary and secondary survivors of sexual violence, regardless of when or where the incident happened

- Accompaniment to police department, hospital, counseling center, health center, courthouse

- Ongoing follow up regarding any additional academic or referral needs.
Role of the SVP Health Educator

• Facilitate Sexual Violence Prevention Presentations to faculty, staff, and students on topics related to
  • Healthy Relationships
  • Workplace Sexual Harassment
  • Bystander Intervention
  • Consent and Communication
  • Rape Culture
  • Community specific populations

• Coordinate the VOICE Peer Education Program
Student Involvement Opportunities

• Wellbeing Activators

• Healthy Jacket Peer Education Program

• VOICE Peer Education Program

• Certified Healthy
Stay Connected with Health Initiatives!

- Website
  healthinitiatives.gatech.edu

- Facebook
  GTHealthInitiatives

- Instagram
  @gthealthinitiatives
Thank You!

Call 404-894-9980 or email healthy@gatech.edu for additional information.