New substance use program from Learn to Live
Did you know that substance use problems impact 1 in 7 people in their lifetime—but only 1 in 10 will ask for help? It can be difficult to take the first step, and that’s where Learn to Live can help with their new Substance Use program.

Learn more or get started at learntolive.com/partners and enter code UMN. Learn to Live also provides programs to help with social anxiety, depression, anxiety and worry, and insomnia.

Gym discount at RecWell
You can receive a discount of $80 on a gym membership each semester at RecWell if you do not pay the Student Services Fee. Visit Member Services at the University Recreation and Wellness Center - Minneapolis campus to update or start your membership, and let them know you would like the Boynton discounted rate on a full semester membership.

The gym discount program at RecWell is structured so the discount is taken off upfront. This is in lieu of the Frequent Fitness program, which is no longer available with Blue Cross. This discount is available for the Spring Semester full membership until May 1st. After May 1st, no refunds or discounts will be available for Spring Semester. Dependent spouses of current GAHP enrollees are also eligible for the Boynton discounted rate. If you have questions, please contact the RecWell Member Services office at (612) 626-9222 and press “0” or email recwell@umn.edu.

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