

Wellness Promotion and Education (WPE) Infinity Massage Chairs

According to CI's 2016 National College Health Assessment (ACHA-NCHA) data report, the top academic impediment to CI students was stress, with 48.4% of students rating their overall stress level as "more than average" to "tremendous." In order to address this concern, WPE implemented a Massage Chair relaxation program to reduce student stress. Studies have shown that massage therapy alleviates symptoms of stress, improves sleep quality, and can even boost your immune system.

Guidelines

These massage chairs are free to use for all CI students, staff, and faculty. Massage chairs are provided by and maintained by the WPE program. Daily operation and oversight of the chairs is provided by the front desk staff at the below locations. All students must present their student ID before each session and must sign in prior to every use. Massage chair sessions are offered on a "first come, first served" basis and are limited to 20 minute sessions, once per day. Hours of operation may vary by location and time of year, so please contact the location centers for questions regarding availability.

Report a Malfunctioning Chair

To report a malfunctioning chair, please [contact us](#) and include the date, issue, and location of the chair.

Chair Locations

[Student Union Building](#) (2 chairs)

Located near the Coville Conference Room. Please check with front desk staff prior to use.

[Learning Resource Center](#) (1 chair)

Located on the 2nd Floor of Broome Library in Room 2760. Please check with front desk staff prior to use.

[Santa Cruz Village Office](#) (1 chair)

Located in the main office of Santa Cruz Village. Please check with front desk staff prior to use.

[Multicultural Dream Center](#) (1 chair)

Located in Bell Tower 1530. Please check with front desk staff prior to use.