WHAT ARE INTEGRATIVE WELLBEING SERVICES?

At IWS, we honor your heart, mind, body, and spirit.

As you think about joining the Williams’ community in the fall, you may wonder about the first-year experience and how you can make the most of your time here. Perhaps you have some ideas about your goals for the year, but you may not be sure how to apply them. Those are questions we can help answer. Whether you come to campus with a plan or open to what happens next, we welcome you with open hearts and minds. Our friendly staff take pride in their effort to make available what is in your heart and in your mind. At IWS, we honor your heart, mind, body, and spirit.

LEARN ABOUT OUR STUDENT HEALTH CENTER

Whether you have some ideas about what to do, have a stressor situation, or are just exploring, we are here to support you. Our clinic is run by a team of doctors, psychologists, and nurses experience.

The Health Center provides healthcare services for students living on campus, including primary care, urgent care, and gynecological services. The clinic is staffed by experienced professionals, including doctors, nurses, and therapists. We work to make your experience as comfortable as possible.

Your first dining hall experience will take place on move in day, August 31. Get excited for the Dining Hall; Debut where you will enter with your entry and JAs. Williams Dining Services is a full-service dining operation that serves a wide array of options to meet your dining and nutritional needs.

Williams has a unique Class Registration process. Get ready to learn all about it through a video tutorial. Additionally, we will present to you the importance of meal plans, allergies, religious and medical dietary needs, EphPoints, and campus guests.

When you move in, you’ll have your first meal together as Williams students! The dining hall experience is one of the most memorable parts of the Williams experience. The dining services team is here to help you feel comfortable and navigate the dining options available on campus.

Here’s how to eat:

Check your personal preferences. The dining hall is a great place to try new foods and learn about different cultures. You can interact with the dining services team, ask questions, and get to know your classmates. The dining hall is also a place to meet with your study group and have a cup of coffee before your class.

The dining hall is open from 7 am to 10 pm on weekdays and 11 am to 10 pm on weekends. You can also request special meals if you have dietary restrictions or preferences. The dining hall is equipped with allergen information and has a variety of options for different tastes and preferences.

The dining hall is located in the Berkshire Medical Center's dining area. You can access it from a campus phone. In emergencies, call 911 from your cell phone or 9-911 Internationally. Learn more about what to do if you need to see a campus doctor or go to the emergency department.

The Thomson Health Center is located in the Berkshire Medical Center, 10 minutes from campus.

WHAT IS INTEGRATIVE WELLBEING SERVICES?

IWS is a student health and wellness center. Our mission is to support students through a variety of services, including counseling, therapy, and health education. We offer a comprehensive approach to support the holistic well-being of our students.

Most students experience an injury, the Thomson Health Center is here for you.