SPICES for Life:
A Health and Wellness Resource Guide

Social Physical Intellectual Career/School Emotional Spiritual

College of Human Medicine
Office Student of Affairs and Services
Student Counseling and Wellness Program
A234 Life Sciences
East Lansing, MI 48824
(517) 353-7140
Social

Abrams Planetarium
www.pa.msu.edu/abrams

Breslin Student Events Center
www.breslincenter.com

City of East Lansing
www.ci.east-lansing.mi.us

Greater Lansing Convention and Visitor’s Bureau
www.lansing.org

Wharton Center for Performing Arts
www.whartoncenter.com
Physical

Health Food Stores

Better Health Store
www.thebetterhealthstore.com

Locations
305 N. Clippert  6235 W. Saginaw
Lansing, MI  48912  Lansing, MI  48917
(517) 332-6892  (517) 323-9186

East Lansing Food Co-op
http://www.elfco.coop/

The East Lansing Food Co-op offers a wide variety of organic and special diet
foods, vitamins, supplements, and personal care products.

Location
4960 Northwind Drive
East Lansing, MI  48823
(517) 337-1266

Foods for Living

Location
2655 E. Grand River
East Lansing, MI  48823
(517) 324-9010
Food Programs

Dream Dinners
www.dreamdiners.com

Dream Dinners is a dinner assembly store that offers clients the opportunity to assemble meals in 3- or 6-serving portions during a 2-hour session. All ingredients and supplies are furnished and included in the cost of meals.

Promotions
Students with a valid MSU ID receive a 10% discount. There is also an introductory offer of 18 servings for $49.50.

MSU Food Bank
www.msu.edu/~foodbank

The MSU Food Bank offers a supplemental food distribution program to registered graduate and undergraduate students who do not have an on-campus meal plan. Food is distributed biweekly from 5:30 pm to 7:00 pm at the Olin Health Center cafeteria. For more information, visit the MSU Food Bank website.

Physical Fitness

Center for Yoga, Movement and Massage
www.center4yoga.com

Location
1780 E. Grand River
East Lansing, MI  48823
(517) 333-9883

Court One Athletic Clubs
www.courtone.com

Court One North
1609 Lake Lansing Road
Lansing, MI  48912

Court One East
2291 Research Circle
Okemos, MI  48864
Membership Fees – Court One
$25 Enrollment Fee
Single: $59/month
Couple: $79/month
Entire Family: $99/month

Creative Wellness Holistic Health Center
www.creativewellness.net

Location
2025 Abbott Road
East Lansing, MI 48823
(517) 351-9240

Curves for Women
www.curves.com
There are several locations in the Lansing area. For location information, please visit the website.

Membership Fees
Student Special: $99/semester

Fitness USA (Frandor)
656 Frandor
Lansing, MI 48912
(517) 351-0200

Fitness USA (West)
5611 W. Saginaw
Lansing, MI 48917
(517) 323-7700

Membership Fees
Features 36 different types of membership. Call for more information.

Go Work Out
www.goworkout.com

Go Work Out – West
6135 W. Saginaw Hwy.
Lansing, MI 48917
(517) 321-3111

Go Work Out - South
134 E. Edgewood Blvd.
Lansing, MI 48911
(517) 272-7343
**Membership Fees – Go Work Out**
1st month **FREE** and $39.99/month thereafter. Membership includes unlimited tanning, group classes, on-site child care, and a metro pass for access to both locations. A limited number of free 3-day VIP passes are available in the Office of Student Affairs (A234 Life Sciences Building)

*Please note:* You must contact James at Go Work Out - West for this student special.

**Michigan Athletic Club**
[www.themac.org](http://www.themac.org)

2900 Hannah Blvd.
East Lansing, MI 48823
(517) 364-8888

**Membership Fees**
$395 Enrollment Fee
Single: $106/month
Couple: $149/month
Family: $169/month

**MSU Intramural Sports - East, West, Circle**
[www.imsports.msu.edu](http://www.imsports.msu.edu)

**Membership Fees**
Daily Rate: $3/day
$105 (one semester); $185 (two semesters)
Other membership options are available at: [http://www.imsports.msu.edu/hours/current_fees.php](http://www.imsports.msu.edu/hours/current_fees.php)

**New Life Fitness**
315 E. Jolly Road
Lansing, MI 48910
(517) 853-8787

**Membership Fees**
For students, the $99 enrollment fee is waived. Memberships begin at $19.99/month
Powerhouse Gym
435 E. Grand River
East Lansing, MI  48823
(517) 324-0900

Membership Fees
$149/semester
$259/academic year
$299/calendar year

Synergy Fitness Center
www.synergyfitnesscenters.com
2655 E. Grand River
East Lansing, MI  48823
(517) 351-3204

Membership Fees
Student special:  $150 initiation fee (includes 3-training sessions on the “Synergy Method” and 2 yoga classes) plus $60/month; $45/month for 2nd member.  For second member, there is no initiation fee.  Special runs through September 30th.

University Club of MSU – Fitness Center
www.universityclubofmsu.org

Location
3435 Forest Road
Lansing, MI  48910
(517) 353-5111

YMCA of Lansing
www.ymcaoflansing.com

There are several locations in the Lansing area.  For location information, please visit the website.

Membership Fees
$49 enrollment fee
Individual:  $49/month
Couple:  Individual+$19/month
Child:  $13/month
Intellectual

Campus Resources

Resource Center for Persons with Disabilities (RCPD)
www.rcpd.msu.edu/Home/

Location
120 Bessey Hall
Michigan State University
East Lansing, MI 48824
(517) 353-9642
E-mail: rcpd@msu.edu

Learning Resource Center (LRC)
www.lrc.msu.edu

Location
202 Bessey Hall
East Lansing, MI 48824
(517) 355-2363
Email: lrc@msu.edu

Local Bookstores

Barnes & Noble
www.barnesandnoble.com

Locations
333 E. Grand River
East Lansing, MI 48823
(517) 324-3926
5132 W. Saginaw Highway
Lansing, MI 48917
(517) 327-0437
The College Store
www.thecollegestore.com/msu

Location
4790 South Hagadorn Road
East Lansing, MI  48823
(517) 333-0505

MSU Spartan Book Store – Fee Hall Medical Bookstore
www.spartanbook.com

Location:
Basement, Fee Hall
East Lansing, MI  48823
(517) 353-9560

Schuler Books and Music
www.schulerbooks.com

Locations
2820 Towne Center Blvd.  
Lansing, MI  48912
(517) 316-7495

1982 Grand River Ave.  
Okemos, MI  48864
(517) 349-8840

Student Book Store
www.sbsmsu.com

Location
417 E. Grand River
East Lansing, MI  48823
(517) 351-4210

Libraries and Museums

Impression 5 Science Center
www.impression5.org
MSU Libraries
www.lib.msu.edu

MSU Kresge Art Museum
www.artmuseum.msu.edu

MSU Museum
www.museum.msu.edu

Michigan Historical Museum
www.michigan.gov/museum

RE Olds Transportation Museum
www.reoldsmuseum.org
Ms. Deana Wilbanks, MS, LPC, NCC joins the College of Human Medicine as Coordinator of Career Counseling and Development. Ms. Wilbanks will be working to develop a comprehensive career development program in addition to meeting with students in small groups throughout the semester. Ms. Gina Brooks, MA will serve as Curriculum Assistant for the program.

Contact Information
Deana Wilbanks, MS, LPC, NCC  
B211 Life Sciences  
deana.wilbanks@ht.msu.edu  
Phone: 353-7140

Gina Brooks, MA  
A234 Life Sciences  
gina.brooks@ht.msu.edu  
Phone: 353-7140

Resources

Careers in Medicine (CiM)  
www.aamc.org/students/cim/

Please contact Ms. Wilbanks or Ms. Brooks for an access code to the Careers in Medicine Website.
Emotional

Dr. Brady serves as Director of Student Counseling and Wellness. Her contact information is:

Judith Brady, Ph.D.
Director of Student Counseling and Wellness
B 212 Life Sciences
bradyj@msu.edu
517-353-9010
517-364-2477 (Sparrow Hospital)
Pager 229-6145

Resources:

Olin Health Center Psychiatry Clinic
Olin Health Center Phone: 355-8737
http://olin.msu.edu/counselingandpsychiatry.php

Appointments by referral (contact Dr. Brady)
3 prepaid appointments for enrolled students

MSU Counseling Center
Student Services Bldg Phone: 355-8270
http://www.couns.msu.edu

Any registered student eligible for a consultation
Individual counseling and various support groups available
http://www.couns.msu.edu/group.htm

Self help resources also available including screening and reference information including a private practice database
http://www.couns.msu.edu/selfhelp.htm

Community Mental Health Emergency Services (24 hr. availability)
5303 South Cedar
Lansing, MI 48911
517-364-8460
Listening Ear Crisis Intervention Center
313 W. Grand River
East Lansing, MI 48823
517-337-1717

MSU Family Resource Center (FRC)
www.frc.msu.edu

The MSU FRC offers a variety of support and referral programs for students with children such as:

- Child care grants
- Sick child care service
- Emergency backup child care service
- Pregnancy support services
- Parenting classes
- Pre-finals childcare
- MSU babysitters list
- And much more!

For more information, please visit the FRC website.

MSU Safe Place
www.msu.edu/~safe

MSU Safe Place provides services to victims of intimate partner/relationship violence including support groups, counseling, referrals, and emergency shelter.

Spiritual

The Michigan State University and surrounding community is ethnically, racially and spiritually diverse with many resources available. For a complete listing of local churches, mosques, and synagogues, please consult the Yellow Page section of your phonebook.

Acknowledgment
The SPICES acronym was introduced by Julie Lusk, Mercy Holistic Health and Wellness Center, Cincinnati, Ohio.