The DMU campus is a close-knit, collaborative environment that allows students to learn and share ideas while enjoying themselves and forging lifelong friendships. DMU offers many opportunities for students to get involved in extracurricular activities. Choose from a huge number of student clubs, organizations, intramural sports and more to take a break, expand your interests and have fun.

The campus itself has been designed with students in mind. We strive to make students feel at home. The Student Education Center (SEC) – dubbed DMU’s living room – features comfortable, informal study areas, a student lounge, coffee bar and cafe. In addition, our state-of-the-art 25,000-square foot Wellness Center, located in the SEC, is open daily and provides numerous options to meet your health needs and goals.

The Office of Student Life works proactively to help students shape their co-curricular experiences while navigating their academic responsibilities. Student Life advises student clubs, special interest groups and DMU’s three student government associations, also involving faculty and staff to ensure all students are getting the most from their experiences in Des Moines, on rotations or in online programs. Whether via the DMU Student Life Council, orientations, spring and summer Commencement ceremonies, leadership development opportunities, assistance with student health insurance, campus-wide programming, and support for community service that fosters relationships and experiential learning, the Student Life Office strives to serve all DMU students.
Des Moines University offers many opportunities to engage in campus and community life.

Serve and learn

Students never run short of opportunities to serve in the community and state. Health screenings, sports physicals, seasonal celebrations, food drives, boot drives—students get involved without being asked. They give freely to others in their personal and professional lives to fulfill their club missions and DMU’s strategic plan.

SENIOR MOMENTS
Hundreds of people attend the student-run Senior Health Fair every year to receive age-specific health screenings and information on nutrition, exercise and services in the community.

MERCIFUL GIVING
For years students have collected and delivered holiday presents to single moms and their children living in the supportive environment of the House of Mercy. Faculty and staff join in this annual event as well.

PROMOTING GIRL POWER
Since 2006, the University and the DMU Women’s Medical Alliance have hosted the annual Girls in Science Day, which brings to campus hundreds of fourth-, fifth and sixth-grade girls to explore science and health care through hands-on activities and interaction with DMU students.

A WELCOME SIGHT
Students participating in the Osteopathic Finish Line, or OFL, provide osteopathic treatments at many central Iowa marathons and other races. Students in the Doctor of Physical Therapy Program also serve at races and help runners stretch and care for sore muscles.

THIS ONE’S FREE
Students and faculty supervisors provide hundreds of free sports and school physicals in communities in central Iowa each summer. Students learn through hands-on experiences while families with limited resources receive health services they need but might not have been able to afford.

BE HEARD
The DMU Student Government Associations are organized within each college to provide an outlet for change and a place to voice issues. A University Senate, with representatives from each college, addresses issues and activities that reflect institution-wide interests. All students are encouraged to become involved with and participate in committees, events and activities sponsored by the University Senate or Student Government Associations.

REACH OUT AND TOUCH SOMEONE
Just as in free school physicals, students under faculty guidance develop clinical skills by providing no-cost medical services—health screenings, structural examinations, immunization clinics—in the community. Along with developing their clinical skills, students become acquainted with community agencies they’ll work with as health care professionals.

ON THE ROAD
Students participating in the Community Ambassador Program provide educational presentations on scientific, medical and health-related topics to elementary, middle and high school students and undergraduates in the area. Students also conduct on-campus tours and deliver presentations to younger audiences.

ON THE ROAD...AGAIN
DMU’s Mobile Health Clinic allows students, faculty and other care providers to take health care to schools, free clinics, homeless shelters and camps, and other under-served areas. In partnership with Iowa’s Area Health Education Centers, DMU also uses the mobile clinic to expose students of all ages to the world of medicine and health-care careers.

WORTHY CAUSES
DMU students donate time, energy and expertise to a wide variety of community service projects. Groups benefiting from our students include Combat Hunger, Habitat for Humanity, Leukemia and Lymphoma Society, Orchard Place, Heart Connection, Susan G. Komen Race for the Cure, Breast Cancer Awareness and local elementary schools.
More than 60 clubs and professional organizations on campus offer something for everyone.

To see a list of campus clubs, visit www.dmu.edu/student-services/student-clubs-and-organizations.

Alpha Eta National Scholastic Honor Society
American Academy of Podiatric Sports Medicine Club
American Association of Women Podiatrists
American College of Foot & Ankle Orthopedics and Medicine
American College of Osteopathic Family Physicians
The American Medical Student Association
Anesthesiology Interest Group
Association of Military Osteopathic Physicians and Surgeons
Christian Medical Association
Community Ambassadors Program
Dermatology Club
DOCARE International
Emergency Medicine Club
Gay Straight Alliance
Geriatrics Club
Holistic Medicine Club
Homeless Camp Outreach
Infectious Disease and Public Health Club
International Medical Club
Iowa Medical Society
Iowa Podiatric Medical Students Association
Master of Public Health Student Club
Medical Students for Choice
Muslim Osteopathic Student Association
Neurology Club
Obstetrics and Gynecology Club
Oncology Club/Oncology Honor Society
Pediatrics Club
Physical Medicine and Rehabilitation
Physical Therapy Club
Physician Assistant Club
Pi Alpha
Pi Delta
Podiatric Practice Management & Journal Club
Preventive Medicine Club
Psychiatry Club
Sigma Sigma Phi National Osteopathic Honor Society
Significant Others’ Support (SOS)
Sports Medicine Club
Student Chapter of the American College of Foot and Ankle Surgeons
Student National Medical Association
Student National Podiatric Medical Association
Student Osteopathic Internal Medicine Association
Student Osteopathic Medical Association
Student Osteopathic Orthopedic Association
Student Osteopathic Surgical Association
Students for Life
Student Physicians for Social Responsibility
Undergraduate American Academy of Osteopathy
Women’s Medical Alliance

Join the club

Traditions that shape you and DMU

**WHITE COAT CEREMONY**

In the fall, DMU welcomes first-year students into their chosen health care professions through the White Coat Ceremony. Momentous and memorable, the event may bring butterflies to your stomach when you think about what it means! The ceremony emphasizes a commitment to excellence. In addition to receiving the coat as a symbol of professionalism, you will sign the honor code and take an oath affirming willingness to assume the obligations and responsibilities of the profession you are aspiring to enter.

**RITES OF PASSAGE**

The osteopathic and podiatric medical students celebrate their transition from the classroom portion of the curriculum into the clinical phase with a Rite of Passage ceremony at the end of the second year. The ceremony recognizes accomplishments from the first two years and emphasizes the responsibilities you accept as you enter patient-care settings.

**COMMENCEMENT**

Years of study culminate with a giant party – we call it Commencement – in late May to recognize this major milestone in your life. In addition to the formal ceremony, graduates, families and the entire University community enjoy a campus picnic, college banquets and other festivities.

**WINTER GALA**

It's an annual event not to be missed: DMU students in all programs are invited to replace their white coats, scrubs and business attire with their party apparel, grab a guest and then get together for a festive evening of music and dancing.

**MALPRACTICE BOWL**

Every fall in Des Moines, a battle rages between health care and the law, but we're not talking in court. DMU students and Drake University law students take it out on the grid-iron for fiercely competitive men's and women's flag football games, followed by a friendly cookout.

**NEED SOMEONE TO TALK TO?**

At times each of us needs a good listener or counselor to help with life's difficulties. The Office of Student Services will put you in touch with someone who can help.

**FACULTY ADVISER**

Your faculty adviser oversees your education and can direct you to appropriate services on campus. You meet your adviser during orientation. Advisers monitor academic achievement, assist you in meeting academic requirements, serve as mentors and help strengthen study skills and coping abilities.

**EDUCATIONAL SUPPORT SERVICES**

DMU provides professional counseling services to help you with personal matters, relationships and academic concerns. Counselors can help you develop stronger test-taking skills and learn to use your time more effectively.

**PEER TUTORS**

Students created the peer tutor program, which provides academic assistance at no cost. The program connects second-year students with first-year students in an atmosphere of collegiality, trust and respect.
Wellness rules!

Wellness is central to our mission. Because of this, DMU students, faculty and staff have easy access to exceptional programs and tools for developing and maintaining healthy lifestyles.

EMBRACE THE GREAT OUTDOORS
Greater Des Moines has a wide variety of outdoor options. Take advantage of walking and bicycle trails, parks, aquatic centers and lakes. Strap on your ice skates and visit downtown Des Moines’ Brenton Skating Plaza during winter or Buccaneer Arena for indoor ice-skating. Saylorville Lake just north of Des Moines offers opportunities to camp, picnic, swim, canoe, fish and more. Golf courses and other recreational centers provide additional great ways to take a break, relieve stress and have fun.

COOK UP SOMETHING
Wellness starts in the kitchen for many of us, which is why the Wellness Center has a kitchen classroom. Watch and take part as faculty and wellness staff members explain and demonstrate essentials of nutritious cooking.

WORK HARD/PLAY HARD
- DMU is the nation’s first university or college to earn platinum status for its wellness programs, the highest recognition granted by the Wellness Councils of America.
- DMU also is recognized by the American Heart Association as a gold level Fit-Friendly Worksite. This program honors employers that offer exceptional onsite wellness programs.
- Everything you need to get in shape and stay that way is at your disposal—a two-level Wellness Center with a great staff, basketball court, running track, exercise classes, and the latest fitness equipment available.
- Be sure to join one or more of the 50-plus clubs and professional organizations on campus.
- Cold weather is no excuse to not work out at DMU: Underground tunnels connect all four of the main buildings so you can traverse campus in 72 degrees year-round.
MAKE SURE YOU'RE COVERED

You must have medical insurance coverage if you are enrolled full time in a clinical program. You might be eligible for health insurance through your spouse's employer or through your parents. If not, DMU may provide you with resources so you can obtain your own comprehensive medical insurance plan.

A STATE-OF-THE-ART WORKOUT

Open daily, DMU’s Wellness Center offers programs that promote physical, mental and emotional wellness. Fitness classes, intramurals, a weight management program and classes in the nutrition kitchen room are available on a regular basis.

A locker room with daily lockers, showers, individual TVs on each cardio machine and even discounts at a local fitness clothing and shoe store are some of the pluses of the DMU Wellness Center.

Chair massages and wellness consultations are also available. A Wellness Resource Library and fitness DVDs available for check-out at the Wellness Center front desk are other options.

The Wellness Center is open to all students and employees. All DMU students may designate one individual to receive access privileges to the Wellness Center, for one year. The ‘Plus-one’ participant may be anyone 16 years or older.

YOUR PERSONAL WELLNESS PROFILE

At DMU, prevention and wellness are part of the educational experience. Students may annually complete Personal Wellness Profile (PWP), which includes a comprehensive online health risk appraisal questionnaire, lipid profile (total cholesterol, LDL/HDL, triglycerides and glucose) and a basic fitness assessment. Integrated with the curriculum, the PWP enhances students’ medical knowledge as well as their personal health.

Wellness Center equipment

- Nine treadmills
- Eight elliptical trainers
- One Stairmaster
- Two recumbent Precor bicycles
- One Precor upright bicycle
- One Spinner Elite bicycle
- 10 Keiser spin bicycles
- 12 StarTrac Spinner Elite bikes
- One NuStep recumbent stepper
- 10 kickboxing bags
- Newly updated strength area with BodyMaster selectorized machines and assorted free weights
- Two-lane track (12 laps = 1 mile)
- Resistance strength training bands
- TRX suspension training bands
- Group activity classroom
- Basketball court
- Volleyball court
- Three AMTs
- One SciFit upper body ergometer (UBE)
- One Concept 2 rower
- StairMaster StepMill

NEED MORE INFORMATION?

If you have questions or want to know more about the Wellness Center, go to www.dmu.edu or contact us at 515-271-1400.
This is Des Moines:

- Des Moines is a dynamic, attractive and user-friendly city with a relaxed metropolitan atmosphere and an area population of 569,633.
- Education and cultural diversity abound in Des Moines. The metro area has 12 colleges and universities, and nearly 300 houses of worship that represent 79 different denominations or faiths.
- With miles of bike paths, numerous lakes and more than 130 parks in the greater Des Moines area, there are plenty of ways to enjoy the outdoors.
- Des Moines has safe neighborhoods, great public and private schools, and many kid-focused events, attractions and programs. It’s a great place to raise a family.
- Des Moines is the nation’s best city for young professionals (Forbes.com), the best for families (Kiplinger), the third-most livable city (American City Business Journals Inc.), the third-best city for business (MarketWatch), the sixth-best city to relocate to in America (CNBC.com) and the fourth-best city to get the “best bang for the buck” (Forbes.com). Des Moines also has one of the nation’s top 15 emerging downtowns (Forbes.com).

THE DMU NEIGHBORHOOD is known for its historic homes, shaded lawns, and stately surroundings. The governor’s residence at Terrace Hill is just a few blocks east. A variety of housing options abound. Many reasonably priced apartments are within walking distance of the campus. Many students, in fact, live right across the street. Grocery stores, pharmacies, banks, restaurants, shops and service stations are located nearby. And while many students live near campus, others choose to live elsewhere in Des Moines. Wherever you live, the campus is within a 30-minute drive. And that’s during rush hour.

THE SURROUNDING AREA is large enough to have great places to go and things to do, but small enough that they’re all accessible and hassle-free. The greater Des Moines area offers variety in affordable, eclectic dining, entertainment, shopping, movie complexes, professional sports and more. Go dancing at one of the clubs. Enjoy live blues, Broadway shows or the symphony. Pick up some fresh produce at one of the area’s many farmers markets. Take in the top-rated Des Moines Arts Festival. Relax at an evening concert along the river. Experience great shopping, dining and entertainment in the East Village, on Court Avenue or in the Jordan Creek area. Or experience the world-famous Iowa State Fair. In and near the the city you can enjoy numerous lakes, parks, recreational areas and bike paths. As the city motto says, “Do More.”

FOR MORE INFO ABOUT THE DES MOINES AREA, CHECK OUT:
www.seedesmoines.com
www.desmoinesmetro.com
www.ci.des-moines.ia.us

You can get there from here
Des Moines is located in the center of America’s heartland at the junction of interstates 80 and 35, making it easy to get to and from several large metro areas.