

# MAY 2025

## Upcoming Events



### *Sunscreen Awareness*

Lower your risk for sunburn, skin cancer and early skin aging by learning more about how UV radiation can damage skin and how to protect it!

📍 Beatty Cafeteria Lobby

Mon

12

11:00 AM -  
1:00 PM



### NAMI Presents *"In Our Own Voice"*

Speakers from the National Alliance on Mental Illness (NAMI) will share personal stories of living with mental health conditions and their journeys toward hope and healing.

📍 CEIS Lobby

Tues

20

12:00 PM -  
1:00 PM



### *Button Up for Mental Health!*

We still button up in the Spring! Come down and customize a button for Mental Health Awareness Month!

📍 Quad - Outside Beatty Entrance

Wed

21

12:00 PM -  
1:30 PM



### Group Fitness Classes

Build your strength, fitness and resilience at our fun and engaging group fitness classes starting May 19th!

### Meet With a Dietitian

Book a one-on-one session with Registered Dietitian Jeanne by scanning the QR code. Spaces are limited, sign up today!



Questions? [Contact the Center for Wellness at centerforwellness@wit.edu](mailto:centerforwellness@wit.edu)

Need accommodations? [Contact Student Accessibility Services at access@wit.edu](mailto:access@wit.edu)