

UPCOMING SEPTEMBER WELLNESS EVENTS



Foundational Wellness Theme

SOCIAL AND INTERPERSONAL
Knowing self to know others

TUES
9

4PM-7PM

FitFest

Quad

FitFest is a celebration of all things wellness! Group fitness, games, prizes, t-shirts, food and more! Find your fit at WIT!

MON
15

11AM-1PM

Wellness @WIT

Beatty Café Lobby

What's going on this Fall? Learn about all of the amazing and helpful events and programs that the Center for Wellness has to offer.

THURS
18

11AM-1PM

Fresh Check Day

Quad

Fresh Check Day is about creating connectedness and promoting coping skills and help-seeking behaviors across our WIT community! Come on out to learn and have some fun.



Signature Events

The Center for Wellness offers a series of signature events, including workshops, trainings, and groups. For details, check the Leopard Spot. Scan the QR code to visit our events page!



Group Fitness Classes

Build your strength, fitness and resilience at our fun and engaging group fitness classes starting on September 22nd

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!

