

UPCOMING NOVEMBER WELLNESS EVENTS



Foundational Wellness Theme
BRAIN HEALTH
Working at optimum capacity

**MON
3**

1:30-6:30 PM

American Red Cross Blood Drive

It feels good to do good. Donate blood right here on campus to help others in need. Signups encouraged! Scan QR code!

Watson Auditorium



**THURS
6**

11AM-2PM

Flu/COVID Vaccine Clinic

Flu and COVID vaccinations available for faculty, staff and students. Registration encouraged! *MUST bring health insurance information.

CEIS Lobby



**THURS
6**

12-1PM

Student Wellness Data Walk

Beatty Ground Floor

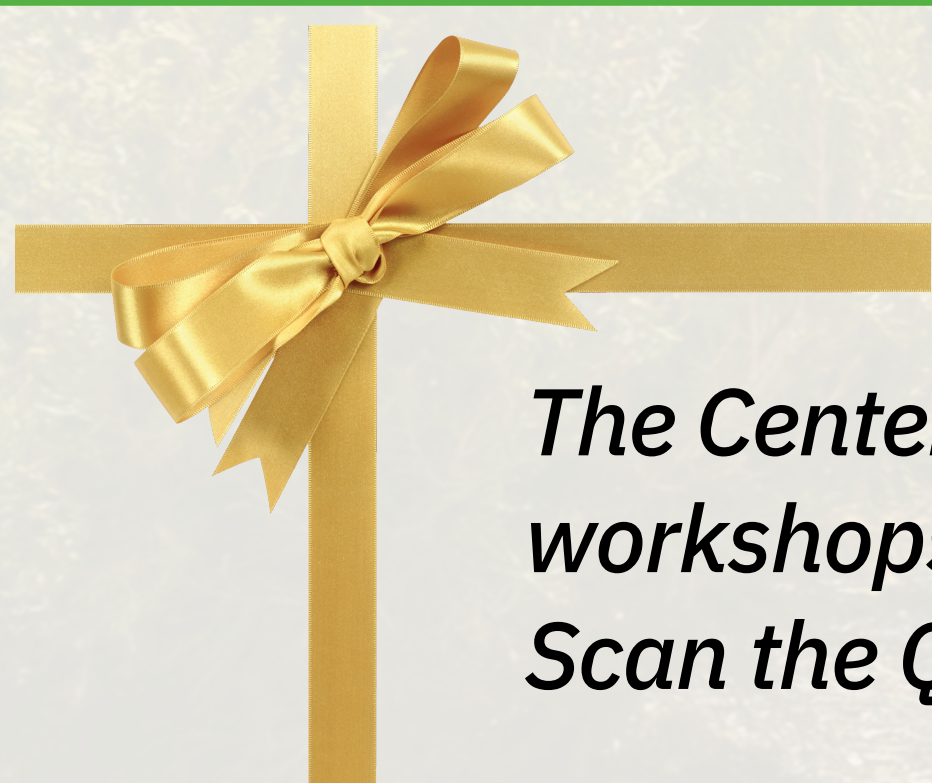
Join Wentworth Student Government and the Center for Wellness and Fitwell Staff as we showcase health and wellness data related to Wentworth students in an informal, self-paced Wellness Data Walk!

**DATES
VARY**

One Love Trainings

Library Programming Room

Most of us are not explicitly taught about what healthy relationships look like. Learn to spot the signs of healthy and unhealthy behaviors.



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!

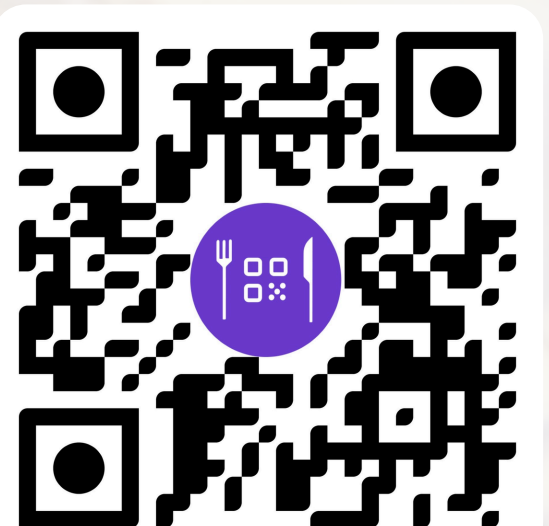


Group Fitness Classes

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!



Wentworth
Center for Wellness

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)