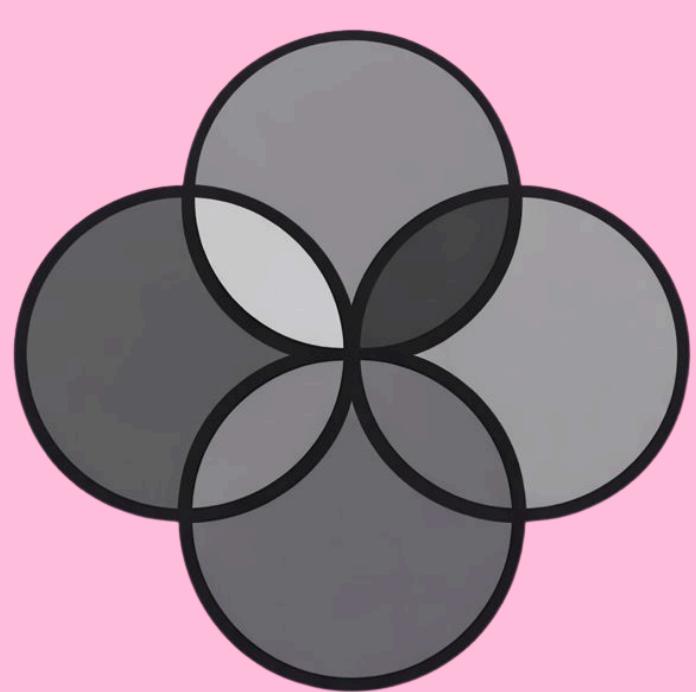


UPCOMING FEBRUARY WELLNESS EVENTS



Foundational Wellness Theme

IDENTITY The sum of my parts

**DATES
VARY**
1:00-2:00PM



OneWIT Training

Center for Wellness



Join us for a mental health training to help recognize warning signs of mental health struggles and build confidence to have supportive and important conversations. Scan the QR code to sign up!

**MON
9**
6:30-8:30PM

I <3 Female Orgasm

Watson Auditorium

Join us to laugh and learn with sex educators Lindsay Fram and Marshall Miller! All genders welcome.

**TUES
10**
ALL DAY

Wellbeing Day

Wentworth Campus

Join us for a day of events that raise awareness of wellbeing issues, offer time for collective rest and reconnection, and strengthen a culture of wellness across faculty, staff, and students. Scan the QR code for the full schedule.



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!

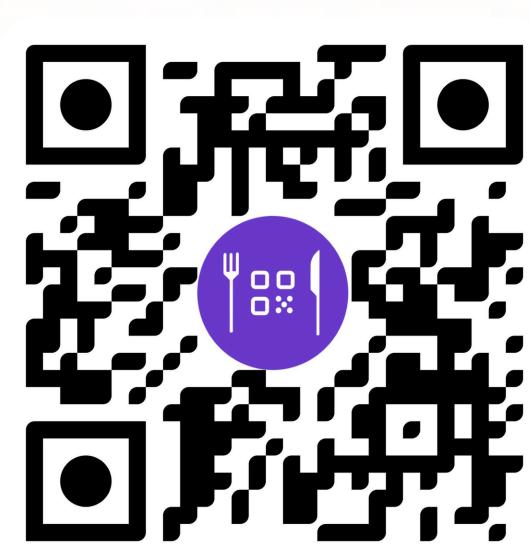


Group Fitness Classes

Build your strength, fitness and resilience at our fun and engaging group fitness classes!

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
Need accommodations? Contact Student Accessibility Services at access@wit.edu