

# UPCOMING MARCH WELLNESS EVENTS



Foundational Wellness Theme

## SUBSTANCE USE Chemistry is Complex

**MON-  
THURS  
16-19**

### Alcohol Awareness Week

Multiple

What are the effects of alcohol and drugs on your brain and body? Learn more during Alcohol Awareness Week. See Leopard Spot for details.

**THURS**

**26**

11:30AM -  
1:30PM



### Red Flag Campaign

Quad

Do you know the red flags related to sexual assault, dating violence or stalking? Learn how to say something when you see something.

## Looking for Peer Support?

Get matched with a Peer Mentor. Peer Mentoring connects students with trained peer mentors for supportive, one-on-one conversations. Not therapy, just real peer support.



## 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](mailto:centerforwellness@wit.edu)

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