

UPCOMING SEPTEMBER WELLNESS EVENTS



Foundational Wellness Theme

SOCIAL AND INTERPERSONAL

Knowing self to know others

TUES
15
3 PM - 7 PM

Your Life By Design: A WIT Wellness Experience

 Quad

Design your path, explore your options and discover resources and support to help you thrive in every dimension of wellness!



Signature Events

The Center for Wellness offers a series of signature events, including workshops, trainings, and groups. For more information, scan the QR code or visit wit.edu/wellnessevents

Registration is available via Leopard Spot!



Common Ground Social Group

A group for building social skills, developing connections, and navigating emotional wellness. **Starting Sep. 10**

I  Art I  Art

A drop-in art event for students to relax, create, and de-stress. **Starting Sep. 17th.**



TRANScend @WIT

A supportive space for transgender, gender-expansive, and questioning. **Starting Sep. 17**

ONEWIT OneWIT
CONNECT • SUPPORT • THRIVE

A 5-week training program that prepares students to respond to mental health concerns in their communities. **Starting Sep 22.**

How to Break Up with Your Phone



Want to pay a little less attention to your phone? See Leopard Spot for info on how to participate in this Wellness Challenge!



Group Fitness Classes

Build your strength, fitness and resilience at our fun group fitness classes starting 9/21!

Meet With a Dietitian

Book a custom one-on-one session with a Registered Dietitian. Spots are limited. See Leopard Spot for signup details!

Wentworth
Center for Wellness

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

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