UPCOMING NOVEMBER WELLNESS EVENTS



Foundational Wellness Theme

BRAIN HEALTH

Working at optimum capacity

THURS 12
11AM-2PM

Vaccine Clinic (Flu/COVID)

📌**Beatty Sweeney Pavilion**

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

WED 18
12:30-1:30PM

Thankful Thoughts (Tabling)

📌**Beatty Ground Floor**

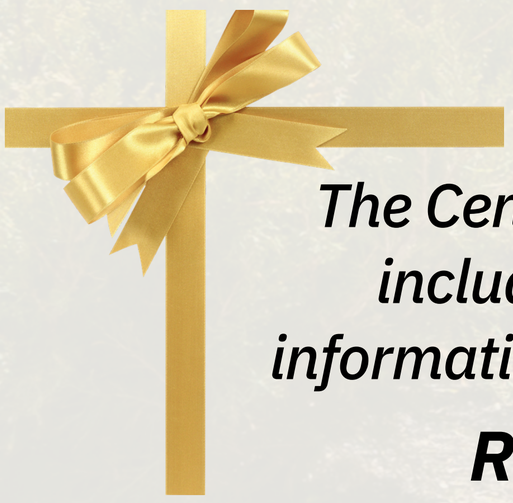
As the semester winds down, take a moment to reconnect with what matters most. Visit our Thankful Thoughts Table to pause and appreciate what you're thankful for!

DATES VARY
See Leopard Spot

One Love Trainings

📌**Multiple Locations**

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 more information, scan the QR code or visit wit.edu/wellnessevents

Registration is available via Leopard Spot!

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