UPCOMING DECEMBER WELLNESS EVENTS

Foundational Wellness Theme

PHYSICAL HEALTH

Taking care of you

WED 9
Various Times

Study Day Festitivies

📌 **Multiple Locations**

Join us for FitWell and Health Promotion Study Day Festivities. A day full of exercise, mindfulness, eating for success, stress relievers, and giveaways! More info and full schedule on our instagram!

THUR 10
12:30-2PM

Stress Relief Tabling

📌 **Beatty Ground Floor**

Exams can be stressful, so take a moment to recharge! Stop by our Stress Relief Table to grab healthy snacks, study supplies, and calming resources, and finish the semester strong.

Group Fitness Classes

Build your strength, fitness and resilience at our fun and engaging group fitness classes. Last class is on December 4th.

BeWell@WIT

24/7 SUPPORT LINE

(617) 989-4390 (Option 2)

The Center for Wellness has partnered with UWill to provide 24/7 immediate access to counseling services through BeWell@WIT. For 24/7 emotional support, please contact BeWell@WIT

FOR EMERGENCIES, PLEASE CALL CAMPUS POLICE (617) 989-4444 OR 911

Wentworth
Center for Wellness

Questions? Contact the Center for Wellness at centerforwellness@wit.edu
Need accommodations? Contact Student Accessibility Services at access@wit.edu