

Wellness Days

Reflect Relax Reconnect Reenergize

Wellness Days are built into the academic calendar as days to reflect, relax, reconnect, and reenergize as individuals and as a campus community. These are days for our community to focus on supporting and caring for ourselves as well as each other.

There will be no classes, no assignment due dates, no non-critical lab work, and no meetings held on these days. Wellness Days will feature a variety of ways to de-stress, relax, and connect with yourself and those around you throughout the day.

Wellness Days - Academic Year 2025/2026

- Friday, September 27, 2024 - Boogie Bash
- Tuesday, November 5, 2024 - Planet Wellness
- Friday, February 14, 2025 - The Wellness Games
- Monday, March 31, 2025 - Roar for Wellness

Sponsor or Co-Sponsor an Event or Activity

The CWB is responsible for coordinating the programming for the Wellness Days with student groups and departments. If you are interested in sponsoring or co-sponsoring an activity or event, please fill out the Wellness Day Event Request Form.

All submissions must be completed 2 weeks in advanced to be added to any and all CWB promotional material. All submissions should be completed 1 week prior for the event to be approved.

**Wellness Day Event
Request Form**

Frequently Asked Questions

When are Wellness Days?	+
Why do we have Wellness Days?	+
What can I do on a Wellness Day?	+
What kind of events happen on campus on Wellness Days?	+
What if my professor has class or assigns a lab or homework for a Wellness Day?	+
Can my department/club/organization host a Wellness Day event?	+
Can I book space on campus on a Wellness Day for a non-Wellness Day event?	+
What information is needed for the Wellness Day Request form?	+
How will I know if my event has been approved?	+
Will the CWB cover any/all incurred cost(s) of my event/program?	+
Will the CWB advertise my event to the WPI Community?	+