



Meet the Team

The Center for Well-Being consists of three full time staff who are responsible for running the center and creating programs, student staff who serve as Peer Well-Being Ambassadors who support well-being of their peers, Program Partners who offer wellness programs and services, and WPE Wellness Instructors who teach courses offered for Wellness and Physical Education credit.

CONTACT

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Full-time Staff



Paula Fitzpatrick

Director, Center for Well-being, Center for Well-Being Office

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Paula Fitzpatrick, Ph.D., is the Director of the Center for Well-Being and a Faculty Affiliate in the Department of Social Science and Policy Studies at Worcester Polytechnic Institute. She also serves on the Mental Health Implementation Team. Prior to joining WPI she was a Professor of Psychology and Dean of the College of Liberal Arts and Sciences at Assumption University. Paula is a long-term practitioner of meditation and teaches Koru Mindfulness and the 8-week Mindfulness Based Stress Reduction (MBSR) Program. She also conducts research in mindfulness and meditation, positive psychology, ...

› **VIEW PROFILE**

**Gina Heinsohn**

Assistant Director, Center for Well-Being, [Center for Well-Being Office](#)

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As the Assistant Director, Gina oversees the planning, implementation, and assessment of all the Center for Well-Being's events and programming, including Wellness Days, ProjectConnect, wellness peer coaching, health education and promotion events, and more. As a strong believer in the impact a sense of belonging has on an individual's holistic wellbeing, they are always looking to make connections with students, staff, and faculty across campus and learning how to best support the WPI community. Gina has a B.S. in Environmental Engineering from Colorado School of Mines, an M.A. in Higher ...

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**Monique Oles**

Office Services Coordinator, [Center for Well-Being Office](#)

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Monique assists the Director, Assistant Director and staff in organizing and delivering services that promote student success and wellness. With a focus on fostering an atmosphere of care, support, and professionalism, Monique is dedicated to ensuring all who interact with the Center feel welcomed and valued. Her role includes significant responsibilities in budget management, marketing and social media strategy, event planning, and supervising student workers. She is passionate about creating meaningful connections and facilitating resources that support the well-being of the WPI ...

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Student Staff

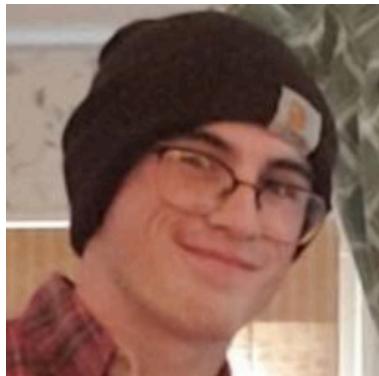


Ella Agran '25

Aerospace Engineering

"It's a welcoming place where I can rejuvenate."

Peer Coach and ProjectConnect Facilitator



Noah Bedard '24

Professional Writing

"It will help spread awareness and hope about mental health."



Hannah Belan '25

MGD Undergrad and Fine Arts Masters

"It's an opportunity to give back to the WPI community."

ProjectConnect Facilitator

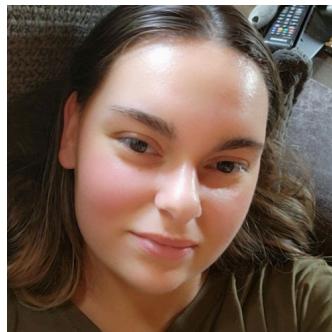


Fernanda Cálix '25

Aerospace Engineering

"It's all about helping others."

ProjectConnect Facilitator



Faith Crosby '27

Mechanical Engineering

"It makes an environment that people can be themselves in."

Peer Coach



Amelia Jones '26

Mechanical Engineering

"It's the most relaxing space on campus."

Peer Coach and ProjectConnect Facilitator



Amrit Kaur '25

Industrial Engineering

"It's a safe and welcoming space to all! From being a student that utilized the CWB to interviewing for a position at the CWB, the support has been amazing."

Peer Coach



Edward Song '26

Mechanical Engineering

"It's a peaceful place for any students."



June Whittall '26

Interactive Media and Game Development

"It provides a safe space for whoever may need it!"

Peer Coach and ProjectConnect Facilitator



Utku Mert Yakar '26

Computer Science

"It's a place for personal growth."

Peer Coach and ProjectConnect Facilitator



Tracy Yang '25

Robotics Engineering

"It helps destigmatize mental illness."

ProjectConnect Facilitator



Nixon Showalter '26

Computer Science and Data Science

"It's a safe space that contrasts the fast pace of campus."



Zarrin Rahman '25

Environmental Engineering

"It's a designated and comfortable environment to take a break in."

Center for Well-Being Affiliates



Meditation Facilitator

Robin Benoit

Robin Benoit is the Well-Being Resource and Outreach Librarian at the Gordon Library and has been with WPI for 13 years. Robin was introduced to meditation 7 years ago and has been fascinated by it ever since. She is a Certified Mindfulness Meditation Facilitator as well as a Certified Koru Teacher. Robin enjoys sharing



Reiki Master

Catherine Flayhan

Catherine is passionate about supporting our WPI Community's wellness journey. Having encountered difficulty in her own life's path, she found comfort in yoga and Reiki. Therefore, she expanded her personal practices to become certified. As an Usui Shiki Ryoho Third Degree Reiki Master Catherine serves as a channel,

meditation and mindfulness with the WPI community and is excited to be a community partner with the Center for Well-Being.

In her free time, she enjoys sea glass hunting, needle felting, and reading.

› ROBIN BENOIT

bringing energy to those who need it most. She seeks out energetic blockages in the body and tries to alleviate them to allow the energy within to flow more freely; as well as replenishing the body's energy stores. When people leave her room smiling, relaxed and refreshed... life is good.

In her free time she likes to do things with her family. Kayaking, cooking, or just making memories.

"You cannot always control what goes on outside, but you can always control what goes on inside. "

› CATHERINE FLAYHAN

WPE Wellness Instructors



Registered Dietitian

Shavaun Cloran

Shavaun Cloran is a Registered Dietitian who has been working at WPI for 10 years. Meeting, working with and supporting WPI students are some of Shavaun's favorite roles. She enjoys providing nutrition awareness during one on one sessions, group workshops or highlighting fueling foods during tabling events on campus. She enjoys sharing her enthusiasm for intuitive eating and recently became certified as an



Yoga Instructor

Kathryn Moncrief

Kate Moncrief (RYT 200) is trained in Iyengar-based Hatha yoga and has been teaching yoga for ten years. She teaches vinyasa flow classes focusing on the creative, thoughtful sequencing of postures, combined with breath, for a complete and inspiring practice. She believes in "yoga practice," not "yoga perfect" and welcomes students to join her on this wellness journey.

› KATHRYN MONCRIEF

Intuitive Eating Counselor. Shavaun greatly appreciates being part of the CWB's holistic approach of self care and mental health.

Hiking, kayaking and reading are some of her favorite things to do during her free time.

"Eating Intuitively means learning to honor your mind, body and health."

> **SHAVAUN CLORAN**



Meditation Facilitator



Art Historian

Diana Fiorentino

Diana Fiorentino is the internal communications manager in Marketing Communications at WPI and has been with the university for two years working to support communications for and by members of the community. After years of having a dedicated daily meditation practice, she now partners with the Center for Well-Being to teach Koru Mindfulness. Diana deeply appreciates the opportunity to share her love for mindfulness and meditation with faculty, staff, and students. In her time outside of WPI, Diana enjoys being with her family, reading, being active outdoors, and practicing yoga, meditation, and Reiki.

> **DIANA FIORENTINO**

Michelle Borowski

Michelle Borowski has been immersed in the art world since high school, always captivated by humanity's creativity and imagination as evidenced in the visual arts. She is the author of the definitive monograph on William Tolman Carlton (1816-1888), a Boston painter of portraits and genre subjects. "I care deeply about the success—in whatever way that may be defined for an individual—and well-being of our students here. Providing them with the tools to guide their understanding of art is an effective means of nurturing these traits. Curiosity, wonder, responses of joy—all are at play in the appreciation of works of art."

For Art and Joy go together, with bold openness, and high head, and ready hand – fearing naught, and dreading no exposure.

--painter James McNeill Whistler, from "The 'Ten O'Clock' Lecture" 1885

> **MICHELLE BOROWSKI**



Sophomore Success Instructor

Pranayama Instructor

Katherine Foo

Katherine Foo is an Ashtanga yoga practitioner and a certified Level 2 pranayama instructor. She is a member of Thich Nhat Hanh's Order of Interbeing and holds five precepts in the Kwan Um School of Zen. She is fascinated by the fact that our breath is so basic and essential to our vitality, and yet it also spans the physiological, neurological, emotional, and psychological dimensions of our health and well-being. Katherine enjoys teaching breathing techniques to strengthen resilience to stress, still fluctuations in the mind, and build physiological capacity

"Take practice, and all is coming." – Pattabhi Jois

> **KATHERINE FOO**

Miriam Cohen

Miriam is an academic advisor in WPI's Office of Academic Advising who works with sophomore and academically at-risk student programming. Miriam is passionate about helping students succeed personally and academically at WPI and beyond. Through this passion, Miriam created the Sophomore Success special topics WPE course. From IQP application to time management and organization, this course seeks to help students find a balance between academic and personal wellbeing during their second year at WPI.

Outside of her work, Miriam enjoys a good boba tea, solving sudoku puzzles, and hanging out with her cat Flowers.

> **MIRIAM COHEN**