

# Center for Well-Being Programs

Well-being is essential for academic and professional success and at WPI we recognize that true holistic well-being is a team effort that relies upon shared attitudes and habits that are woven into all aspects of our individual and community experiences.

The Center for Well-Being offers programming that focuses on proactive and preventive approaches to foster resiliency and build a foundation so that all can flourish and thrive. Our integrative, evidence-based initiatives provide opportunities for members of the WPI community to create habits to support **health and vitality**, strengthen **relationships**, develop a common language for **understanding well-being**, discover **meaning and purpose**, and build **community**.

CWB programs are offered in a variety of formats and settings so that individuals and groups can create their own well-being journey. Some programs are offered as drop-in group sessions while others require pre-registration. The CWB also coordinates wellness courses for Wellness and PE credit. Interested in a wellness session for your club, organization, or department? Email the CWB at [cwb@wpi.edu](mailto:cwb@wpi.edu)!

Let these wise words of Maya Angelou inspire us all: "When you do nothing you feel overwhelmed and powerless. But when you get involved you feel the sense of hope and accomplishment that comes from knowing you are working to make things better."

## CONTACT

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**Phone:** [508-831-6494](tel:508-831-6494)

[cwb@wpi.edu](mailto:cwb@wpi.edu)



**Mindfulness  
Institute**  
*for EMERGING ADULTS*

## ProjectConnect

Want to get to know students outside of your social group? Help build community on campus? ProjectConnect is a fun, 6-session peer-led program.

> [LEARN MORE ABOUT PROJECTCONNECT](#)



## Drop-In Meditation

Looking for a way to make your day less stressful and more mindful .... take some much-needed time for yourself and join us for Mindful Wednesdays or Mindful Thursdays!

> [LEARN MORE ABOUT DROP-IN MEDITATION](#)

## MIEA Intro to Mindfulness

Open your mind. Manage your stress. Learn mindfulness and meditation.

> [LEARN MORE ABOUT MIEA INTRO TO MINDFULNESS](#)



## WISHES Well-Being Initiative

CWB Launches WISHES Assessment Program to Promote Systemic Change to Improve Equitable Well-Being

> [LEARN MORE ABOUT WISHES WELL-BEING INITIATIVE](#)

## Calendar

> [SEE MORE EVENTS](#)

JUL  
17

Mindful Thursday - July 17  
🕒 2:15 PM TO 2:35 PM

JUL  
24

Mindful Thursday - July 24  
🕒 2:15 PM TO 2:35 PM

JUL  
23

Mindful Wednesday - July 23  
🕒 12:15 PM TO 12:35 PM

JUL  
30

Mindful Wednesday - July 30  
🕒 12:15 PM TO 12:35 PM

JUL  
**31**

Mindful Thursday - July 31

🕒 2:15 PM TO 2:35 PM

AUG  
**6**

Mindful Wednesday - August 6

🕒 12:15 PM TO 12:35 PM

AUG  
**7**

Mindful Thursday - August 7

🕒 2:15 PM TO 2:35 PM

SEP  
**8**

Voter Registration Drive

🕒 11:00 AM TO 2:00 PM

SEP  
**9**

Voter Registration Drive

🕒 11:00 AM TO 2:00 PM

SEP  
**10**

Voter Registration Drive

🕒 11:00 AM TO 2:00 PM