

MIT Community Wellness - support for students

The start of the spring semester is a great time to connect with your community, stay active, sleep better, relieve stress, and more. Community Wellness at MIT Medical can help you find virtual wellness programs that fit your needs.

- **Unwind sessions:** These brief classes are a combination of simple stretches to release tension in the body and guided meditation to release tension in the mind. They are offered at 12pm and 5pm EDT Mondays through Thursdays. Attend as often as you wish. [Learn more and register.](#)
- **Wellness workshops and classes:** Live and recorded to fit any schedule. Get past insomnia, practice mindfulness, move your body, learn about financial self-care, and more. [Learn more and register.](#)
- **Virtual 5K run/walk:** Does your exercise routine need a jump start? Join us for a virtual 5K run/walk hosted by getfit. We have five weeks of fun activities and challenges planned to get you ready to run or walk the virtual 5K. Training starts on Monday, March 15, 2021 and the virtual 5K takes place during the week of April 19. Learn more and [register to join.](#)
- **Refresh App:** Stress and anxiety can lead to poor sleep. As a member of the MIT community, you can receive a [free subscription to the Refresh app](#) from Sleepate, courtesy of Community Wellness. The digital Refresh program is a personalized mobile solution guiding you through a series of goals to help you retrain your body to sleep soundly.
- **MedLinks:** MedLinks volunteers are returning to all of the undergraduate dorms and some of the graduate dorms and FSILGs. Members will be available both virtually and in-person (in a socially distant manner, of course) to provide peer-to-peer support for health and wellness topics. Visit <https://medlinks.mit.edu> to see our updated directory and learn more about how MedLinks can help you.
- **MIT Spouses & Partners Connect (MS&PC):** A dedicated network for the significant others of MIT students, postdocs, staff and faculty who have relocated to the Boston area. MS&PC organizes activities that help spouses meet people, discover work and career opportunities, improve English, share experiences and passions, and get information about living and parenting in Boston. Visit [MIT Spouses & Partners Connect](#) to learn more about MS&PC events.
- **Language Conversation Exchange Virtual Cafe:** Learn about languages around the world, practice a language you are learning with native speakers, and meet new people from all over MIT and the world. The [Language Conversation Exchange Cafés](#) happen

twice per month. This is a great way to practice a language you are learning in a friendly environment! The LCE program is open to all members of the MIT community.

Don't see what you are looking for? Visit bit.ly/mitwellness or email wellness@med.mit.edu with any questions about wellness programs at MIT.

[Join the Community Wellness mailing list, simply click here to enter your email and we will notify you about upcoming classes, programs and events.](#)



Caitlyn McCourt
Director, Community Wellness, Community Wellness — MIT Medical
Massachusetts Institute of Technology
E23-385F
77 Massachusetts Avenue
Cambridge, MA 02139
Phone: 617-253-2033



<https://medical.mit.edu/community>

The information contained in this e-mail, including any attachments, is confidential and intended solely for the named recipient(s) and may be subject to protection under federal and state laws. If you are not the intended recipient, please inform the sender immediately by reply e-mail that the message was sent in error and delete the message. Thank you.