



Our Year  
In Review  
2019-2020



# Focusing on Mind & Body

**1,193**

Registered participants in 24 mindfulness classes

**9,438,424**

Minutes of exercise logged by getfit 2020 participants

**148**

Registered participants in 28 classes for new/expecting parents

"I've been getting acupuncture treatment with Abram for over eight months now and I have seen huge improvement in my upper back pain since the first treatment... Acupuncture has improved my quality of life dramatically and I highly recommend Abram! He is an amazing healer!"

"The [wellness class] instructor was very skilled in the art and science of meditation, and was also very personable. She led the class through powerful but enjoyable sessions."

"We wanted to thank you wholeheartedly for the great course. The birth of our little one was tough, but we were aware of all the risks and complications that could come along our way, thanks to the great job you did. Although nothing went as we had hoped or 'birth planned,' in the end everything turned out just fine."

**781**

Acupuncture treatments provided on site

**1,484**

Participants in two Step Your Way challenges

**796**

Registered participants in 53 movement based wellness classes

# Fostering Campus Connections

**4,563**

Subscribers to the Community Wellness newsletter

**953**

Users on the Language Conversation Exchange website

**3,332**

Participants in getfit 2020

**208**

MedLinks volunteers

"[The Step Your Way Facebook group] helped me a lot. Since quarantine started, I've been highly unmotivated to go for walks, and it was nice having a group of people who were posting about their walks and it motivated me to walk more. Prior to quarantine, I never had any issues walking more than 10,000 steps. But now that I'm home 100% of the time, it's hard to get in all the steps I did before, so this was definitely helpful."

"I've really enjoyed being a MedLink these past four years... this program [is] not just a great resource for MIT students, but a great experience for those of us lucky enough to call ourselves MedLinks."

"I want to thank you so much for all that you as MS&PC did the last year. You are really the best thing all the spouses & partners can wish for when they come to MIT. You are so enthusiastic and uplifting, always responding super fast and you are a very good team together. THANK YOU! YOU'RE THE BEST!"

**5,587**

Total followers across our programs Facebook pages

**1,441**

Total followers across our programs Instagram accounts

**384**

Attendees at MIT Spouses & Partners Connect campus events

**726**

MIT community members served at 12 LCE events

# Responding to COVID-19

You are in our hearts and thoughts as we all navigate this challenging and unprecedented time. As the realities of COVID-19 and social justice public health crises set in, Community Wellness continued operations with the intention to help each member of the MIT community find resources to reduce stress, build routine, and foster connection. We eagerly look forward to the day when we can be together as a community again. Until then, stay safe and healthy.

"I think [getfit] is a wonderful program and was even more helpful this year, to feel connected to the MIT community, after we were sent to work from home due to COVID-19. This program created a healthy space to stay connected and stay healthy, in a time when we need it even more. THANK YOU!"

"Yoga and mindfulness classes have helped me feel more alert, calm and ready to take on the stressors in my professional and personal life."

"The Step Your Way program is what motivated me to get a Fitbit and start pushing myself and bring awareness to what my Covid lifestyle is looking like and how movement will need to be sought out."

"Community Wellness has done an exemplary job of offering a diverse array of classes and workshops to the MIT community. I cannot think of any other ways they could help as they have already carefully thought of and executed these ideas."

**340**

Subscriptions distributed for the Refresh CBT for Insomnia app

**85**

Live sessions on self care and coping provided to the MIT community

**400+**

Student Success Coach volunteers trained by Community Wellness