

Maintaining Balance FAQs

Where can I find out about physical fitness opportunities?

Check the Employee Wellness Offerings website (www.wpi.edu/Admin/HR/wellness.html), and watch for email from Human Resources. HR distributes information about noontime yoga or aerobics classes, basketball and running groups, Weight Watchers, a parenting exchange group, and more. The WPI Fitness Center located in the lower level of Alumni Gym is available at no cost to employees. Discounted memberships are also available to WPI employees at Worcester Fitness. See also Prof. Jeanine Skorinko's *Worcester/WPI Fitness Guide* for details and insider's tips later in this section.

How can I get a locker in Alumni Gym?

Inquire at the Physical Education Department office on the first floor.

What is there to do in and around Worcester?

Recently Forbes.com placed Worcester as **9th in the nation** for culture and leisure activities! The City of Worcester maintains an excellent website (www.worcestermass.org) that includes listings of restaurants and coffee houses, places of worship, museums & galleries, music & theatre events a cultural calendar that includes events throughout Central Massachusetts, and more. You can also see the Central Massachusetts Convention and Visitors Bureau (<http://www.centralmass.org>) for additional local recreation.

Worcester Magazine is a free, independent weekly newspaper and events calendar that includes reviews, local happenings, and insight into local politics. You can usually find stacks in the Campus Center.

Is there a way to get recommendations for things like doctors, day care, and other service providers?

potpourri@wpi.edu is a distribution list for messages that may be of interest to campus employees, but aren't directly related to our work. Messages may include items for sale or items wanted; inquiry or availability of rental housing or homes for sale; tickets for sporting and other entertainment events; solicitation of recommendations for doctors, dentists, child care providers, roofers, plumbers, house painters, etc.

I'm getting flooded by email—how do I get off the potpourri list?

If you want to opt out of receiving potpourri messages, you can do so at www.wpi.edu/+standinglist. An alternative is to set up a filter in your email system to direct potpourri messages to a separate folder.

What are WPI's policies for stopping the tenure clock?

There are provisions for part-time or full-time leaves, and stopping of the tenure clock, for extenuating circumstances or for child rearing. These policies are described in Part 2, Section 1 (Policies Regarding the Status of Faculty) of the Faculty Handbook: www.wpi.edu/Images/CMS/Campus-Faculty/handbook2005.pdf.