

# WELLNESS DAY: THE WELLNESS GAMES

**\*FREE SNACKS\***

**FRI, FEB 13**

## Disconnected - Life in a Digital Reality

**2:00-3:00 PM**

**Atwater Kent 219**

- Opening remarks by President Wang
- Exclusive documentary screening and Q&A session with producer Ben Forman
- Explore how growing up in a smartphone and social media-driven world impacts mental health and human connection



**Scan QR  
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promo  
video**



If you have questions regarding accessibility or would like to request accommodations, please contact the Center for Well-Being at [cwb@wpi.edu](mailto:cwb@wpi.edu)



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