

KICK-OFF EVENT

# Well-DEIBing@POLIMI

## Balancing body, mind, and community

September 17, 2025

Gatti Room, Building 20, Politecnico di Milano

Well-being is more than the absence of illness. It's a balance of body, mind, relationships, and environment. Through activities and initiatives open to all, DEIB fosters inclusion, awareness, and sustainability – creating space to care for ourselves and others in a demanding academic world.

### PROGRAMME

**09:00 – 09:30** · Opening Talk · DEIB Conference Room

**09:45 – 10:15** · Mindfulness · Master Class Giuriati

**10:15 – 10:45** · ROMWOD Mobility · Master Class Giuriati

**11:00 – 12:00** · CrossFit · Master Class Giuriati

**12:00 – 12:30** · Time to Change & Freshen Up



REGISTRATION



**POLITECNICO**  
MILANO 1863

DIPARTIMENTO DI ELETTRONICA  
INFORMAZIONE E BIOINGEGNERIA

