

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

