

# MARCUS INSTITUTE OF INTEGRATIVE HEALTH

## LUNCH & LEARN WELLNESS SERIES



Lunch provided!



Please reserve your space by emailing name,  
phone number and choice of workshop(s)  
to [marcusinstitute@health.fau.edu](mailto:marcusinstitute@health.fau.edu)

### **September 7 | 10-11 a.m. The Science of Breathwork**

*Heather Berg  
Certified Yoga & Meditation Instructor  
Buteyko Breathing Method Instructor*



### **October 12 | 10-11 a.m. An Introduction to Acupuncture**

*Nick Kusturic, Lic.A.P.  
Herbalist, Taiji Instructor*

### **November 9 | 10-11 a.m. Chair Yoga**

*Ruth Sanders ERYT500*



**Bolay Kitchen**  
5030 Champion Blvd  
Boca Raton, FL 33496

**FAU**  
**MEDICINE**  
FLORIDA ATLANTIC UNIVERSITY