

New Year: WELLNESS SERIES

FOR MIND, BODY AND SPIRIT



 **Register here!** via Zoom
Meeting ID: 894 2967 4380
Passcode: M0pYYx

 All sessions are
12:00 - 12:45 PM

 **Virtual Event**

SPIRITUAL WELLNESS



"Living Your Why"
Ellen Rondina, LMSW



RELATIONAL WELLNESS



"Nurturing Relational Wellness
With Our Partners In 2022:
Continued Pandemic Perspective"
David Wohlsifer, Ph.D., LCSW



EMOTIONAL WELLNESS



"Cultivating Gratitude and Joy"
Robin Rubin, MSW



NUTRITIONAL WELLNESS



"The Power of Plants: Fueling
Mind, Body and Soul with a
Plant-Based Diet"
Brooke Starkoff, Ph.D., R.D.N.



PHYSICAL WELLNESS



"Mindful Movement & Breathwork"
Heather Berg E-RYT



MENTAL WELLNESS



"The Science of Mindfulness"
Michelle Lizotte-Waniewski, Ph.D.

