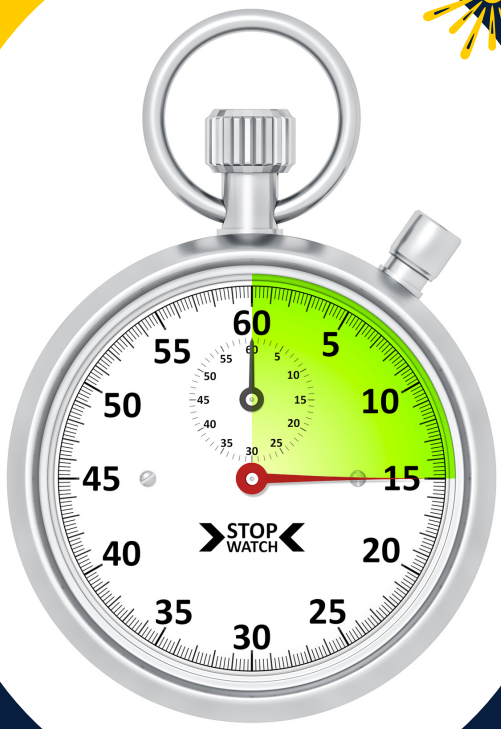
WELLNESS BITES

Special 4 part series!
Brain Lunch Breaks with Lana



Register Today!









Upcoming August Bites

08/03/2022
Are You Familiar with Your 3 Brains? @ 12:00PM

08/10/2022
Brain Body in Balance @ 12:00PM

08/17/2022
Plants Make You Smarter in Your Office? @ 12:00PM

08/24/2022
Is Sitting Really the New Smoking? @ 12:00PM

Contact

email: pawswellness@fiu.edu
phone: 305-348-2530

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