# **WELLNESS SERIES**

FOR MIND, BODY AND SPIRIT



### **Virtual Event**

New Year: Integrative 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

### 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.

# MARCUS INSTITUTE OF INTEGRATIVE HEALTH



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In partnership with FAU's Phyllis and Harvey Sandler School of Social Work and Robin Rubin Center for Happiness and Life Enhancement