

# WELLNESS SERIES

FOR MIND, BODY AND SPIRIT

New Year: Integrative Wellness Series for Mind, Body, and Spirit

\_\_\_\_\_ via Zoom  
Meeting ID: 894 2967 4380  
Passcode: M0pYYx

All sessions are



"Living Your Why"  
Ellen Rondina, LMSW



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



"Cultivating Gratitude and Joy"  
Robin Rubin, MSW



"Mindful Movement & Breathwork"  
Heather Berg E-RYT



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



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