

MIND-BODY FITNESS WORKSHOP



DIVING INTO OUR BRAIN AND BODY WELL-BEING

DR. LORI DESAUTELS, Ph.D

Self-care of our brains and bodies as our emotional and mental health drives our overall well-being

LEARNING OUTCOMES

PART 1 - SUNDAY - APRIL 25, 7 PM

How COVID impacted our brain and bodies. The challenge is real.

PART 2 - SUNDAY - MAY 2, 7 PM

Learn essential tools to calm our nervous systems and those of our students' and children.



REGISTER

<http://bit.ly/BrainAndBodyWorkshopRegistration>

BROUGHT TO YOU BY:



Dr. Lori Desautels, Ph.D