



# Fall Wellness Series: Healthy Mind Body and Spirit



*Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity – World Health Organization*

Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being. As we come out of the pandemic that changed all our lives, let us work on re-building a positive mind-body-spirit connection to bring about a balance in our lives.

Join us for this six-week series on the holistic integration of physical, mental, and spiritual well-being. This series will focus on how we can fuel the body, engage the mind, and nurture the spirit through the medium of music and dance, literature, and guided meditation and mindfulness.

Each workshop is led by fabulous specialists who will help you re-focus and re-vitalize yourself!

**Thursday, September 23<sup>rd</sup>**

**10:30 AM- 11:30 AM**

**Forgiveness and Well-Being**

**with Dr Angelina Avedano**

This workshop will explore strategies for identifying areas where forgiveness may improve well-being by learning to let go, forgiving oneself, and managing difficult emotions