



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, October 21st

1:30 PM- 2:30 PM

Nutrition to Boost Energy and Mental Well-Being

with Kelsey McEntee

Nutrition plays a vital role in mental health and cognitive functioning. There is quite a bit of research that shows the brain-gut connection; therefore, maintaining a healthy gut with good foods can help to promote positive mental health and cognitive function. Nutrition can directly impact things such as memory, processing speed, mood (depression and anxiety) as well as physical energy and mental focus and attention.