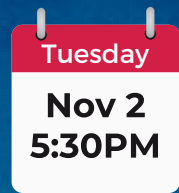


# 2021-22 WELLNESS CALENDAR

DATE/TIME

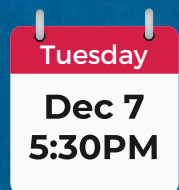
WORKSHOP DETAILS

CLICK OR SCAN TO REGISTER



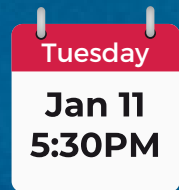
## Strengthening Connections with Adult Children

Learn techniques for improving parent-adult child bonds plus keys for keeping the conversation going. *Presenter: Dr. David Wohlsifer, PhD, LCSW*



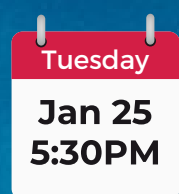
## Mid-Holiday Check-In: Self-Care Through the Season

Make sure your celebrations include the joy, meaning and balance you desire with a personal action plan. *Presenter: Donna Drucker, LCSW*



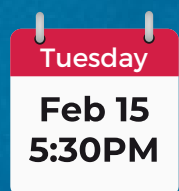
## Self-Esteem: Navigating the Ins & Outs

Learn proven ways to maximize your own self-esteem, which can impact relationships, self-worth and well-being. *Presenter: Sevonte Miller, MSW*



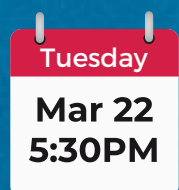
## Financial Foundations: Your Blueprint to Thrive

Learn how to deal with setbacks and continue to move toward your financial goals - every day. *Presenter: Kristi Clark, Thrivent*



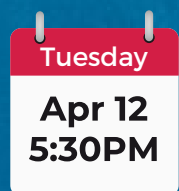
## The Non-Diet Approach to Food-Body Balance

Explore a non-diet approach to natural weight loss and how to finally feel at peace with food. *Presenter: Cina Hoey, LCSW*



## Meditation: The Basics, the Benefits & How to Integrate It Into Your Life

Learn the tools to feel safe, confident, and inspired as you start your journey into meditation practice. *Presenter: Ananda Nelson, LCSW*



## You vs. The Struggle: How to Achieve Fitness Goals Without Sacrificing Well-Being

Discover what's standing in the way of your health and fitness goals and how to overcome the roadblocks. *Presenter: Claudius Osei, Behavioral Neuroscience Ph.D. Candidate*



**+ Virtual Meditations Every Wednesday & Friday**

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SCHOOL OF SOCIAL WORK

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