

# **NURTURING BALANCE AND WELLNESS**

## **Ayurvedic Insights**

Gut-Body-Mind Connection

Roots of Anxiety and Stress

Rituals and Tools to Improve Wellness

**Date:** Nov 29, 2023

**Time:** 3-4 PM EST

**Location:** Segal Theater  
at the Graduate Center

Please bring a journal  
and pen

Meet your facilitator



Register by emailing  
[healthed@gc.cuny.edu](mailto:healthed@gc.cuny.edu) with your GC or  
J-school student email address