

SEMEL WELLNESS WEDNESDAYS

Mindfulness Workshop

LED BY JAMES E. ROSSER, LCSW, CMT-P

WEDNESDAY, DECEMBER 11, 2024

12:00-1:00PM

SEMEL B-DECK

[**RSVP HERE**](#)



Conversations with the Soul: Learning the Tools of Self-Care, Resilience & Wellbeing

THE ROLE OF EXPRESSIVE ARTS FOR STRESS-REDUCTION AND HEALING: AN EXPERIENCE IN MUSIC, ART & MOVEMENT

PRESENTER: PING HO, MA, MPH

MODERATOR: HELEN LAVRETSKY, MD, MS

WEDNESDAY, DECEMBER 18, 2024

4:00-5:00PM

SEMEL AUDITORIUM

[**RSVP HERE**](#)

PRESENTED BY THE INTEGRATIVE PSYCHIATRY PROGRAM
& INTEGRATIVE MEDICINE COLLABORATIVE

