

INSTITUTE FOR STUDIES IN PRAGMATISM

Workshop:

Unlocking the Power Within: A Journey to Optimal Health, Wellness, and Obesity Prevention

Friday, February 9, 2024

2:00 pm-4:00 pm

Library Rm 305

Open to All Faculty, Staff, & Graduate Students!

Join us in embarking on an empowering journey towards achieving optimal health and well-being. Participants will gain insights into the current landscape of obesity, explore strategies for promoting health and wellness, and uncover ways to foster a supportive environment. The workshop will also spotlight the impact of technology and innovation on wellness, featuring interactive sessions for discussions and Q&A. Limited spots are available, so make sure to RSVP promptly to secure your place on this transformative journey.



Workshop Instructor

Shadi Nejat
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