

New Year 2025 WELLNESS SERIES

FOR MIND, BODY AND SPIRIT



[Register here!](#)



Wednesdays
12:00 - 12:45 PM



Virtual Sessions

EMOTIONAL WELLNESS



**Robin Rubin,
MSW**



"Navigating Emotions:
Strategies for Wellness"

NUTRITIONAL WELLNESS



**Rebecca Kastin,
NBC-HWC**



"Mindful Eating:
Cultivating a Healthier
Relationship with Food"

SPIRITUAL WELLNESS



**Maria Benzo V.,
MD, MS**



"Cultivating Spiritual
Wellness: Unlocking
Your True Potential"

INTEGRATIVE WELLNESS



**Branson J. Collins, MD,
FAAMFM, ABAARM**



"Living Well: Harnessing
Integrative Health for
Everyday Wellness"



FLORIDA ATLANTIC UNIVERSITY
Marcus Institute of
Integrative Health



FLORIDA ATLANTIC UNIVERSITY

Robin Rubin Center
for Happiness and
Life Enhancement
College of Social Work
and Criminal Justice