

# Wellness: Body~Mind~Spirit



Join us for a new monthly wellness series exploring connections of the mind, body, and spirit and ways to promote holistic wellbeing.

**9:00-10:30 am MT** on the 4th Tuesday of the month beginning Feb. 28, 2023

**Featuring Dan Foster, Psy. D., MSCP, Cherokee, follows Lakota ways, Ray Daw, MA, Navajo, and Charlene Poola, PhD, LCSW, Hopi-Tewa & Navajo**

<b>March 28th</b>	<b>Signs and Symptoms of Depression</b>
<b>April 25th</b>	<b>Signs and Symptoms of Anxiety</b>
<b>May 23rd</b>	<b>Signs and Symptoms of Grief and Loss</b>



**Registration Link:** [https://uiowa.zoom.us/meeting/register/tJ0sdOquqD0vE91YPVXuDQFU8m\\_gM3cys6XK](https://uiowa.zoom.us/meeting/register/tJ0sdOquqD0vE91YPVXuDQFU8m_gM3cys6XK)

**For more information contact:**

**Devona Bradford**  
[dbradford@aahb.org](mailto:dbradford@aahb.org)