



THE MIND-BODY CONNECTION

Tuesday, November 21st, 2023

10:00 am - Conversation

11:10 am - Monthly Meeting

Come join in a discussion with Tori to learn about her work as a Health Mentor and how taking care of our bodies contributes to our mental wellbeing!

Zoom Meeting:

**[https://us02web.zoom.us/j/84071785517?
pwd=Z2FrNnRyenBnWDcyQU40ck5hQlozZz09](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRyenBnWDcyQU40ck5hQlozZz09)**

Meeting ID: 840 7178 5517

Passcode: 269641

**— Tori Seesman, MPH, CPT
Wellness Specialist, Community Partners**

