



NURTURING WELLNESS: SMALL STEPS, BIG IMPACT



☀️ Join us for "Nurturing Wellness: small steps, big impact" hosted by NSS Unit 5 with the School of Communications!

🌿 Discover valuable insights and practical tips for enhancing your overall wellness.

MARCH
THURSDAY | 14 | 2:00 PM -
5:00 PM
2024

LOCATION: MINI AUDITORIUM



NURTURING WELLNESS:



SMALL STEPS, BIG IMPACT



**DR. MANOJ KUMAR
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★ **We are honored to have two distinguished doctors as speakers, who will share their expertise and provide actionable advice on how to incorporate small yet impactful changes into your daily life to promote holistic wellbeing**