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GNEM SYMPOSIUM SPEAKER SERIES

presented by The Neuromuscular Disease Foundation

"Mindfulness and Holistic Medicine for GNEM Patients: Steps toward a Happier and More Fulfilling Life"

Friday, July 9th 2021 • 10am PST

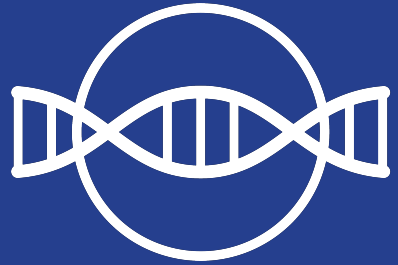


Sponsored by: Rotary Club of Beverly Hills

An Overview of what to expect in this talk:

An opportunity to learn about some mindfulness techniques and exercises from a patient who is also a physician. In this talk we will go over mind, body, and spirit in terms of how you can improve your day-to-day lives while also dealing with chronic health conditions. We will focus on topics such as emotions, nutrition, and exercise with a meditation to follow.





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Speaker Series #70921

Dr. Sepideh Tabibian & Carol Gelbard, LCSW

FINAL HIGHLIGHTS:

**Mindfulness and Holistic Medicine for GNEM
Patients: Steps toward a Happier and More
Fulfilling Life**

Key Takeaways

- Negative emotions are normal but holding onto them is what advances health issues
- Having a healthy diet is the foundation of a healthy body
- Persistence is the key when it comes to exercise and movement
- Daily meditation has many benefits including relaxing the mind

