

Recommended Pod Cast: MindBodyRadio by Ilene A. Serlin

Join Ilene Serlin on March 26, 2020 at 9:45 a.m.

Please join Ilene Serlin, Phd, at MindBodyRadio, a lively resource for health and wellness and emotional well-being, on March 26 at 9:45 am.

Ilene will be discussing the virtual use of dance movement therapy and embodied practices for self-care during the Corona virus, using examples from the work we are doing on the hotline in China during the outbreak of the virus there

Anyone interested can tune in on March 26 at 9:45 am at this link:

<https://mindbodyradio.com/studio/one/>

