

WEBINAR

Practicing Holistic Wellbeing

February 9, 2022 | 12:30pm CT

REGISTER NOW!

We have all heard the word holistic, but what does it mean? Gain an understanding of a holistic approach to wellbeing, discover the health benefits of herbs and spices, and practice holistic relaxation techniques and simple mindfulness meditations.

*Register for this webinar at:

<https://attendee.gotowebinar.com/register/1762079954200147727>

Incentive Points will be given only to those who log in on a computer. Send all questions and concerns regarding incentive points to:

employeeewellness@harrishealth.org



facilitated by **Michael Contreras / Psychologist**

Michael Contreras is a Psychologist and Licensed Professional and Chemical Dependency Counselor. His clinical specialties include marriage and family counseling, school difficulties and behavior referrals, adolescent issues, crisis intervention, substance abuse, PTSD, anxiety, and depression. He facilitates numerous groups and skills training curriculums in various topics including adolescent first offenders, anger management, divorce and separation, parenting, and teen issues.

He received his Bachelor of Arts Degree from The University of Texas at Dallas, Master of Science Degree from The University of the Southwest, and Doctorate from California Southern university. Dr. Contreras has 13 years experience in the field of mental health and psychology.