

Kicking off May Mental Health Month!

SUDBURY SOCIAL WORK



BY DR. ANASTASIA GALANOPOULOS PHD,ECMH®

Wellness from Within: Harvesting Gut Health for Mental Balance

WEBINAR

Understanding the relationship between gut health and mental health can empower us to make positive changes toward our family's wellness and has implications for parenting, schools, healthcare, and government policy



6:00-7:30PM



MAY 1ST 2025



Dr. Galanopoulos has 30 years of experience in Human Development specializing in social & emotional development and cultural context. She is a trainer, coach, and international speaker and is writing a health memoir translating recent research on the microbiome as it relates to early childhood experiences and adult health. More info on her coaching practice can be found at: https://www.getnewperspective.com

REGISTRATION