



A seminar on wellness hosted by California Northstate University College of Medicine and Faculty Development, presented by Leticia Lewis, transpired on Tuesday, June 7, 2016 from 12:00pm-1:00pm on campus in classroom 1A. The seminar was open to College of Medicine students, Faculty and Staff. There were over 50 people in attendance including the University President and the College of Medicine and College of Pharmacy Deans.

The theme for the seminar was: “You Must Be Well to Ensure Your Patients Are Well: Wellness Within.” The purpose was to provide a motivational and relaxing atmosphere to decrease stress levels and create a sense of well-being and personal harmony.

**“YOU MUST BE WELL TO ENSURE YOUR PATIENTS ARE WELL-
WELLNESS WITHIN”**