

Join the

achieving whole health program

a whole health framework to promote wellbeing

| mind body spirit |



Date:

Time:

Location:

ABOUT THE PROGRAM

- For Asian-American girls between 15 and 17 years
- 10- 90 minutes sessions over 10 weeks
- 3 data collection sessions
- Must be willing to be audio-recorded
- Learn about the whole health framework -mind, body and spirit

**For more information or to sign up please contact
health@tufts.edu or (617) 627-0126.**

A collaboration between the Child Health Equity Research Lab at Tufts University and the Asian Women for Health organization

Sponsored by the Tisch College Community Research Center at Tufts University