



SCHOOLCRAFT COLLEGE  
**GLOBAL EYEZERS**

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## Focus Series

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Please join GlobalEYezers for a presentation by

**Mukta Joshi**, *Certified Life & Wellness Coach*

**Balance, Boundaries, and Building  
Energy – Mind-Body Reset:  
Everyday Tools for Balance**

A wellness session for us to discover simple and practical ways to boost mental clarity, physical energy, self-care, and relationships. Walk away with real life tools you can start using immediately to build healthier and more balanced habits! .

**Schoolcraft family and  
community members invited!**



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