

WELLNESS CORNER

How does one live well?

Many answers have been given to this question, ranging from short sentences like “Let go and let God” to lengthy treatises, like the Meditations by Marcus Aurelius. It rightfully deserves pondering, especially as we live through perilous times.

The Suicide Prevention Toolkit was developed to address the crisis faced by healthcare workers brought about by the rising rates of suicide and mental health problems. But that is one side of a coin . The other side of that coin is promoting wellness. This Wellness Corner is intentionally placed side by side with the Suicide Prevention Toolkit for this reason. It aims to serve as a place where we can exchange practices and experiences we use to promote our emotional, physical and mental health and wellbeing.

To launch this space, we are featuring a video clip from Dr. Guia Razon-Palma, MD’84, who uses exercise and dancing as one way to keep her happy, fit and healthy.

To your health,

Irene M. Estores, MD ‘87
Publications Committee Chair

[Where is The Love? By Black Eyed Peas](#)

[A nice warm up.](#)

I’ve always been an exerciser (because I love food!). My husband Claro & I ran for Dr. Mariano de la Cruz during our UPCM days.

I taught fitness classes during my active work years, and now teach on Zoom: Zoomba (dance), Move Plus (easy level; combination range of motion, Yoga, Pilates, balance drills and inner calmness while seated, standing and on the mat); and TaiChi Qi Gong (easy, we repeat the forms each week).

Join me, and “Grow old along with me, the best is yet to be.” Robert Browning.

Topics: MOVE PLUS : Mondays 4 pm EST and Fridays 3:30 pm EST

TAICHI QI GONG : Wednesdays 4 pm EST

ZOOMBA : Wednesdays 3 pm EST , Sundays & Thursdays 7:30 pm EST

Same Zoom link, forever:

<https://us02web.zoom.us/j/86412612155?pwd=WDhMeWxXMVNoUkVXbER4RVliWm9uUT09>

Meeting ID: 864 1261 2155

Passcode: Move

Guia Razon Palma ‘84