



LAU's New York / New Jersey Alumni Chapter invites you to join us for a:

~Wellness Workshop~

Regulate, Reset, and Restore

with Cynthia El Mortada

Thursday, May 28 | 5:30 - 6:30pm

LAU NY Debbane Campus, 211 E. 46th St.

Doors open at 5pm. Refreshments will be served.

[RSVP HERE](#)

In-person attendance is optimal; for a virtual link, contact salma.abdelnour@lau.edu.

Stress is inevitable, and in times like these it can feel overwhelming. This interactive workshop introduces practical, science-backed tools to regulate the nervous system, reduce stress in real time, and enhance clarity. Participants will leave with actionable techniques to stay calm, focused, and effective throughout the day.



Cynthia El Mortada is a National Board-Certified Health & Wellness Coach (NBC-HWC) and the founder of Wellness by C, a global wellness brand. She completed her health and wellness coaching training at Georgetown University and studied Mindfulness-Based Stress Reduction (MBSR) at Brown University.

<https://wellnessbyc.com/>

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